

Bavarian News

Vol. 5, Nr. 8 U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch April 22, 2009

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VILSECK
SPORTS STORE
OPENS

The Army and Air Force Exchange Service hosted a grand opening for the Vilseck Sports Store April 18.

The store, which is housed next to the Vilseck Commissary, carries athletic clothing, mountain bikes, athletic shoes, sports equipment, nutrition, camping gear and more.

Sport store hours are:

- Monday through Saturday, 11 a.m. to 7 p.m.
- Sunday, 11 a.m. to 6 p.m.

Photo by Spc. Adam Heller

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For the latest community news and links to garrison services, visit www.grafenwoehr.army.mil

GOING GREEN

Defense department reduces dependence on fossil fuels

by **NICK SIMEONE**
Special to the Bavarian News

As the world celebrates Earth Day 2009 today, the Pentagon has become the “greenest” of federal agencies, with military operations worldwide deriving a full 10 percent of their power from sources other than fossil fuels.

As the nation’s single largest energy consumer, the U.S. military is increasing its reliance on alternative and renewable energy sources to provide power to everything from soldiers in the field to bases and installations around the world.

Pentagon officials say reducing dependence on fossil fuels -- and foreign oil in particular -- is be-

coming increasingly critical to national security at a time when the amount of energy consumed by U.S. forces in Iraq and Afghanistan has surpassed that of all other wars in U.S. history.

Pentagon officials put the Defense Department’s total energy costs for fiscal 2006 and 2007 above \$13 billion. Last summer’s spike in oil prices helped to push the department’s 2008 energy bill alone to \$20 billion, a senior Pentagon installations and environment official said.

Apart from the cost, reducing the reliance on oil in war zones is critical to saving lives. Trucks delivering fuel to U.S. forces in Iraq have been among the most frequent targets of insurgent attacks, with

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Celebrate Earth Day everyday. Send your energy and money saving ideas to www.grafenwoehr.army.mil.

Bubbles of Fun!

Schweinfurt celebrates The Month of the Military Child



Photo by Emily Athens

From left, Mathew Guerrero, Trent Walters, and Keevon Bowe blow bubbles as the Schweinfurt Child Development Center (CDC) kicks-off April as the Month of the Military Child April 2. The bubble launch is one of many activities planned by organizations throughout the Schweinfurt community during the month of April to ensure the youth of the community are recognized. “We want to support children in any way we can especially during the deployment. Children sacrifice so much and we want to be there for them,” said Heidi Woodall, CDC supervisory program lead, who assisted in the bubble launch.

Government leaders work to improve military services, quality of life

by **GERRY J. GILMORE**
American Forces Press Service

U.S. servicemembers’ combat missions over the years - in Bosnia, Afghanistan and Iraq - have earned them the support and thanks of a grateful nation, Vice President Joe Biden told troops at White-man Air Force Base, Mo., April 16.

Today’s generation of American warriors, Biden said, are “the most powerful, best disciplined, best-trained warriors America has ever, ever produced. And for that I thank you and we owe you

- and that is not an exaggeration.”

So, the U.S. government is working hard to “improve the quality of life on bases all across America,” Biden said, noting that \$17.8 million is being invested at Whiteman to modernize the base and improve the quality of life for its servicemembers.

Additionally, Biden said, recent legislation includes more than \$7 billion for military construction projects, including hospitals, child care centers, and upgraded housing.

The government also has expand-

ed GI Bill benefits to make college more affordable for servicemembers and military veterans, Biden said.

“All in all, this administration is wholly devoted to serving the brave women and men in uniform,” the vice president said. “As you sacrifice to serve our country, we should do a little sacrifice serving you.”

And funding for the Department of Veterans Affairs, Biden said, has been boosted by \$25 billion.

“That’s never happened before,” he

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PUNISHMENT

Soldier sentenced to life for murder of Iraqi detainees

JMTC Press Release

Master Sgt. John E. Hatley, formerly assigned to the 1st Bn., 18th Inf. Regt., was dishonorably discharged and sentenced to confinement for life with the possibility of parole April 16 for his role in the pre-meditated murder of four detainees in March/April 2007, while deployed near Baghdad, Iraq in support of Operation Iraqi Freedom.

The sentence also included a reduction to the rank of private and forfeiture of all pay and allowances.

Despite his plea of not guilty, a panel of his peers found Hatley guilty of pre-meditated murder and conspiracy to commit premeditated murder.

The panel found Hatley not guilty of obstruction of justice and an unrelated premeditated murder.

The panel delivered their sentence after five hours of deliberation, which concluded the court-martial proceedings held at Rose Barracks in Vilseck.

GET INVOLVED

Army launches Facebook page, blog

by **GARY SHEFTICK**
Army News Service

Last week the Army not only launched an official blog portal, but also an Army fan page on Facebook.

The “Army Live” blog (<http://armylive.dodlive.mil>) and Facebook page were launched by the new Online and Social Media Division of

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COMMANDER'S MESSAGE



Partnership with German communities, leaders brings pride, responsibilities

Spring is upon us which allows for our construction folk to proceed with transformational construction efforts.

By the end of summer, we should see many new barracks, company operations centers and motorpools coming "on-line" at Grafenwoehr and the completion of new construction and barracks renovation efforts at Vilsek.

As Command Sgt. Maj. Berrios and I have noted previously, our nation has made a significant investment into making our community an enduring one.

Now, all of us have a tremendous responsibility to maintain this national investment, including on- and off-base housing areas.

In keeping our investment at a high standard, we look forward to our spring clean up May 4-8 to focus our efforts across the community.

Unlike previous events, we have refined our operational concept to improve accountability, and now

have viable inspection and reward programs.

Command Sgt. Maj. William Berrios and Installation Coordinator Tony Frazer are synchronizing this priority mission and we need everyone's support - Soldiers, Family and Department of Defense Civilians to ensure its success.

Another area of pride is our rich relationship with our German communities.

On April 23, we are hosting a community relations day for more than 55 Burgermeisters and constituents from our many surrounding Bavarian cities and villages.

We will showcase the garrison's transformation efforts by letting these valued leaders experience firsthand our infrastructure growth, coalition training mission and stewardship of natural resources.

We will also explain our partnership program with the community.

With the return of the 2d Stryker

Cavalry Regiment, we now have an increased troop/company level engagement with local communities throughout our southern frontier in the Sulzbach-Amberg county; complementing a renewed relationship with the 12th Panzer Brigade.

In the northern frontier of Neustadt on the Waldnaab county, our 18th Combat Sustainment Support Battalion, and the 172nd Infantry Brigade are expanding their partnership programs.

This concept is a resurgence of the way it used to be here in Germany, and experientially educates our Soldiers in understanding how communities operate.

Our environmental management mission will also be a central theme with the Burgermeisters, and it is fitting that April 22 is Earth Day.

The Army's theme is "sustaining the environment for a secure future." We are securing that future for our children and our Earth Day activities are centered on kids and their families.

On Earth Day, outside the

Grafenwoehr PX, our Department Public Works is sponsoring a flea market (the original recycling concept!) and other educational activities for our children such as "pot your own plant," recycling and nature quizzes and even environmentally friendly handicraft.

The Grafenwoehr Elementary fourth-graders will visit the waste management facility, while the fifth-graders will visit a recycling factory (yellow bag) in Steinfeld.

The Netzaberg School Age Services will host a "Kinderfest," that not only recognizes Earth Day, but also celebrates the Month of the Military Child.

Speaking of green, many of you have wondered why the Germans are cutting down so many pine trees.

I asked this of Forest Director Ulrich Maushake who manages thousands of acres of forest throughout the garrison.

He explained the long-term plan to replace the tall spindly pines with more robust deciduous and evergreen trees that benefit from stronger root systems.

This is part of a Germany-wide

effort that will take a century to realize.

In conjunction with his efforts, we will assist in planting a row of German and American oak trees along the back perimeter of South Camp (Rose Barracks) towards the former community of Haag - trees that we hope will see the 200th anniversary of Grafenwoehr training area in 2110!

Sustaining the environment just makes good business sense. It eliminates waste, drives innovation and promotes collaboration. We've witnessed this first-hand with our "energy saving" suggestions program.

If you haven't been to our Web site and offered your ideas, please do so.

We have a fantastic community and these contributions have led to several changes based on all of our input. Thanks from our community!

*Col. Chris Sorenson
Commander, U.S. Army
Garrison Grafenwoehr*

CSM CORNER



Welcome spring with housing beautification, volunteer recognition

Spring is in the air!

Let us take this opportunity with the warmer weather and sunshine to undertake spring cleaning.

The garrison has set aside May 4-8 as our official cleaning days. During this time all members of our garrison, whether living on or off post, need to work together toward a community-wide facelift, with collection and removal of trash and debris.

Those living in government and government leased housing need to report to their area/building coordinator for specific instructions May 4 at 9 a.m.

Everyone's full cooperation is expected as we work to establish new standards in the upkeep of our community.

To maintain those standards, the garrison will sponsor a "Yard of the Month" awards program.

I strongly ask that each family makes the competition fierce though diligent upkeep of their yard and home. This includes the storage of outside toys, balls, bikes, scooters and skateboards when they are not in use.

In maintaining our yards and homes, I would like to remind everyone that, per housing policy, if a house will be vacant for three weeks or more (perhaps if a family travels to the States for an extended summer vacation), the sponsor or family member needs to inform the housing office and leave them a local point of contact's information.

That point of contact should have a housing key for emergency situations and they will be responsible for the mowing and upkeep of the yard as well.

I would also like to highlight April as "Celebrate Diversity Month." The U.S. Army and the Grafenwoehr garrison are home to a wide array of individuals from all walks of life.

Take time this month to observe, investigate and appreciate our diverse backgrounds. Use this month and our differences as an opportunity to learn.

As April comes to an end, I would like to highlight two upcoming events in the community.

The garrison will host a Town Hall meeting April 29 at the multi-purpose facility (Bldg. 134) in Vilsek.

Garrison leadership will be on hand to brief up-to-date community information and answer any questions community members have regarding services. I would like to stress that this, like all Town Hall meetings, are open to everyone. I encourage all Soldiers and family members to attend.

The garrison annual Volunteer Recognition Ceremony will be held April 30. Volunteers are in integral part of our community!

I want to extend a personal thank you to those that selflessly volunteer- they make this community a better place to be.

*Command Sgt. Maj.
William Berrios
CSM, U.S. Army
Garrison Grafenwoehr*

Clear expectations, structure key to changing unwanted behavior

dear ms.
vicki



Dear Ms. Vicki:

I have an out-of-control son who is only 4 years old. I hope this is not an indication of what he will be like when he is 14 years old.

I am afraid to leave my home with him. He throws tantrums in the commissary like 20 going east and west.

Last week we went to the PX and he was rolling over on the floor like some roll over cell phone minutes.

It's hard for me to shop, do any chores or meet my friends for lunch.

For one thing he is not doing good in day care and none of my friends want to swap babysitting because they don't want to keep him.

He's been in trouble for biting other children and fighting with them for no reason at all. He screams, kicks and has even hit me and his father.

I am very embarrassed by his behavior. I know you are not the Nanny, but any advice you can give me will be very helpful.

From: Tired Of Tantrums

.....

Dear Tantrums,

I love answering questions like this. I guess it's because I like giving advice on behavior management, etc.

To start, you and your husband must be on one accord with changing your son's behavior.

It sounds like your son knows how to keep your attention focused on him. Since I am not in your home, and I do not know when this

problem began, or the duration of the problem, let me first advise you and your husband to always stay calm when dealing with your tantrumming son.

Conversely, if you are to gain control of his behavior you must begin to do the following:

- Provide structure from the time he wakes up until bedtime.

- You should make a child friendly schedule of daily activities to share with him. Make it fun! Include eating times, nap time, play time (outdoor and indoor play time) craft time, bath time and even time to teach him to help with chores, etc.

- You must always state your behavior expectations and tell him what is acceptable and unacceptable.

- When you talk to him always kneel so that you can be eye to eye with him, this will reinforce what you are saying.

- Establish consequences for unwanted behavior, like using time outs. His time out should at least four minutes for his age.

Set limits and follow through with the consequence every time.

- Praise him using the 3:1 ratio. This means, if you make four comments, three must be positive ones.

For example "Mommy likes the way you're sitting," "I like the nice way you are talking to Mommy," "You're a good helper," etc.

It won't be easy getting a grasp on his behavior especially depending on the duration of the problem.

However, be consistent and you will begin to see positive changes.

If the problem does not get better, consider taking him for a medical consult to rule out any medical problems.

Also consider a consult with a clinical social worker or counselor for more on one help in a family or individual session.

Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis.

If you have a question you'd like to ask Ms. Vicki, e-mail deararmsvicki@yahoo.com.

Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch

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USAG G Commander

Col. Chris Sorenson

USAG G Public Affairs Officer

DSN 475-8103, CIV 09641-83-8103
Kim Gillespie

Bavarian News Editor

DSN 475-7113, CIV 09641-83-7113
Mary Markos

Assistant Editor

DSN 475-7775, CIV 09641-83-7775
Melissa Wolff

Grafenwoehr Correspondent

DSN 475-7113, CIV 09641-83-7113
Amy Newcomb

Garmisch Correspondent

DSN 440-3701, CIV 08821-750-3701
John Reese

Schweinfurt Correspondents

DSN 354-1400, CIV 09721-96-1400
Emily Athens, Sandra Wilson

Hohenfels Correspondent

DSN 466-4917, CIV 09472-83-4917
Kristin Bradley

Ansbach Correspondents

DSN 468-1600, CIV 0981-183-791
Ronald Toland

Grafenwoehr community mourns fallen Soldier, devoted husband

**Story and photo by
MELISSA WOLFF
Assistant Editor**

“On April 5th, 2009, the Wolf Pack lost one of its best Soldiers, siblings lost a loyal brother, a mother lost a loving son, a wife lost the love of her life and I lost a best friend.”

These were the words of Sgt. Erick Dybvig, as read by Sgt. Justin Rajotte, during a memorial service, April 14 for Spc. Isreal Candelaria-Majias.

The service, held at the Grafenwoehr chapel, honored the life of Candelaria, 28, who was killed in support of Operation Iraqi Freedom, April 5.

Candelaria, of San Lorenzo, Puerto Rico, was a member of 3rd Platoon, Alpha Company, 1-2 Infantry, Task Force 3-66 Armor, 172nd Infantry Brigade.

A somber and emotional crowd listened as members of the rear

“(Candelaria was) one of the strongest Soldiers I’ve ever seen - not necessarily physical strength, although he had that, but the emotional and spiritual strength to see any mission through to the end, and carry his fellow Soldiers through as well.”

Cpt. Daniel Godbey
Candelaria’s Commander

detachment read words spoken by friends and commanders of Candelaria at the unit’s memorial service held in Iraq April 10.

Dybvig’s words continued, “I speak of Isreal Candelaria. One of the greatest men I have had the pleasure of knowing ... he was a man of character.”

Dybvig went on to discuss Candelaria’s strong commitment as a Soldier, friend and family man.

1st Lt. William Archer read the words of Cpt. Daniel Godbey, Candelaria’s commander of 14 months, which echoed Dybvig, saying Candelaria was “one of the strongest Soldiers I’ve ever seen - not necessarily physical strength, although he had that, but the emotional and spiritual strength to see any mission through to the end and carry his fellow soldiers through as well.”

Godbey, along with others at the

memorial, also spoke of Candelaria’s relentless smile saying, “Candelaria was a man with enough happiness for a whole platoon.”

Friends and commanders agreed that even after years of combat and stress, his spirit never diminished.

Having Candelaria in the company, said Godbey, meant also having the support of his wife, Maria Candelaria, who was an important member of the company, as well as the Schwienfurt and Grafenwoehr communities.

The words of Lt. Col. Louis B. Rago II, as read by Lt. Col. Eric Stetson, addressed Candelaria’s wife and mother, reminding them that Candelaria’s memory, and both of them, will always be a part of the Black Knight family.

In his closing words, Chaplain (Col.) Glenn Woodson, said to the grieving community that Candelaria “was killed fighting for you and me. That is something that we simply can never forget ... this young man lived a very good life.”

Candelaria joined the U.S. Army in October, 2003.

His awards include the Bronze Star Medal with Valor and the Purple Heart. He is survived by his wife Angela and mother Maria Majias.

Candelaria’s death marks the first combat-related death from 172nd Infantry Brigade since they deployed in November, 2008.

The Grafenwoehr chapel was filled with a large crowd during a memorial service April 14 to honor Spc. Isreal Candelaria-Majias.



RETIREE CORNER

Retired Army major offers facts, tips of health care insurance

by DAVE STEWART
Graf Retiree Council president

U.S. Army Major (Retired) Bernd K. Rieger recently produced a comprehensive paper with pertinent facts retirees should know on medical care and long term health care for retirees planning to live permanently in Germany. Here are some of his findings from his research.

Health insurance

Like U.S. health insurance, German Kranken Kasse (KK) is expensive. The older you join KK, the more expensive it gets.

For example the payments for a male joining at 65 in a private KK at 100 percent coverage can easily exceed 800 Euros monthly.

But, there is an escape route called ‘KK Anwartschaft’. This concept is interesting for those who recently retired in Germany at a relatively young age and intend to remain here. Anwartschaft means that you pay a small monthly fee to the private, (not ‘gesetzliche’ or compulsory Kranken Kasse) of your choice but get no service in return.

Later, when you want the real thing, the Anwartschaft gives you a right to join without a medical exam with payments based on your Anwartschaft age when you signed up in this system. For example you start Anwartschaft at 40, but want the real thing at 65. Your payment level starts at 40 not 65! That is a considerable savings.

TRICARE and German insurance

One can combine TRICARE with German Health Insurance. It works like this: Go to a German doctor of your choice, pay the bill and send it to TRICARE for reimbursement.

Some German doctors deal directly with TRICARE, but what about the 25 percent deductible that TRICARE does not pay? If you had Anwartschaft and later took the real thing, your private German KK jumps into the gap. You can choose 25 percent KK

coverage. Thus, you are 75 percent covered by TRICARE and 25 percent by German KK for medical expenses, dental and optical bills.

If you have a German spouse that has a German KK, you might want to investigate if you can join her KK on a spouse/family member basis. There are many private KKs in Germany. Some offer more than others. It pays to shop the Internet.

Long term health care

Before Germany developed into an industrial society, the agricultural generations traditionally took care of their old.

As Germany switched slowly from agriculture to manufacturing, many older people were left destitute. The new generations were unable or unwilling to care for them and society (taxpayers) had to help. As time went on, this burden became heavy.

Therefore, in 1995, the German Government introduced phlegeversicherung (PV). This is care insurance that is a compulsory part of private or public KK. You cannot purchase PV by itself. To receive PV payments you must make a claim. Doctors and PV experts will determine your necessary level of care by looking at your situation and your daily activities.

Three levels of care

German medical personnel recognize three levels of care:

1. Considerable care: Those persons that need care for at least 90 minutes /day but can function without additional help.
2. Heavy care: Those that need care for at least 180 minutes/day but are able to function at night and are not demented or severely handicapped.
3. Severe care: Those that need care for at least 300 minutes/day (the worst level).

The goal of care is to maintain, train or retrain those personal functions (hygiene, cooking, shopping, laundry etc.) that allow an older or handicapped person to continue daily activities at home.

Only when the person can no longer be

cared for at home will a patient be admitted to an Altersheim (senior’s home).

The purpose of PV is to pay a portion of the cost of old age. Currently PV pays about 1600 Euros monthly for severe care (see above). For heavy and considerable care PV pays correspondingly less.

Caring relatives or friends can be paid by PV for their services. For example, a wife/daughter cares for her husband/father at home; PV pays her a fee for that service. Alternatively, one of the many private care firms can be hired to care for the person.

The current cost in an Altersheim in Heidelberg is 90 Euros/day for a single room. This includes care and board but not extras. That means the cost can reach 4000 Euros a month (minus PV payments, if you have PV). All Altersheimen or seniors’ homes charge at different rates, therefore it pays to shop.

We’ll bring more on Rieger’s research in future columns and we thank him for his efforts to assist retirees living permanently in the Germany.

In Memory

Chief Warrant Officer (Retired) Larry Simank

Chief Warrent Officer U.S. Army (Retired) Larry Simank died late last month after a heart attack.

Simank served for 26 years in the Army, mostly as a personnel and administration officer. His assignments included 24 years with various units in Germany and two tours in Korea.

After retirement Simank became a Department of the Army civilian working as the deputy commander for administration in Wildflecken. He was also stationed as a civilian officer in Ansbach, Kitzingen and Wuerzburg.

His highest military award was the Legion

of Merit; he was also awarded the White Plume for his civilian service.

The White Plume was established in 1982 by the Adjutant General of the Army to recognize outstanding service and contribution to Morale Welfare and Recreation and family programs. Simank was also an avid hunter and active Volksmarcher.

He retired from civil service in 2001. He continued to volunteer in the community and served with the Garrison Retiree Council for several years.

Simank was a native of Elgin, Texas and is survived by his wife Inge and three children Klaus-Dieter, Claudia and Marcus.

Funeral services were conducted with military honors at the Katharina Cemetery in Amberg. His wife asked that we share her deepest appreciation for the services rendered by the Retirement Service Office and the officer and Soldiers who participated in the tribute to Simank after his death.

Lt. Gen. (Retired) Lutz Moek

Last month Col.(Retired) Steven Boylan, a member of the Army in Europe Retiree Council and his wife Margaret attended the funeral of German Lieutenant General (Retired) Lutz Moek in Veitshoechheim.

Moek had been one of the youngest brigadiers in the Bundeswehr when he became the chief of staff of the Third German Corps in Koblenz.

On the German flag draped coffin was his general officer’s hat and a pillow that held three medals the Federal German Distinguished Service Cross, the Bundeswehr Cross in Gold, and the Legion of Merit of the USA.

General Carter Ham, Commander, United States Army Europe, sent a letter of condolence to his wife. Her husband was a member of the USAREUR Legion of Merit Conference.

16th Sustainment Brigade welcomes nineteen Soldiers into NCO Corps

Story and photo by
AMY NEWCOMB
Bavarian News

The 16th Sustainment Brigade held a Noncommissioned Officer Induction Ceremony April 9 at the Grafenwoehr Performing Arts Center, honoring 19 Soldiers who joined their brothers as NCOs.

Although the theatre, which was covered in camouflage netting and decorated in the traditional military style, was filled with NCO's and Soldiers, silence filled the air as the song, "American Soldier," rang out and pictures of American Soldiers flashed on a screen at the front of theatre.

Rear Detachment Command Sgt. Maj. Vincent Noble said, "This is an opportunity to reflect on the present and future of the NCO Corps and the accomplishments it has and will make in our Army."

Soldiers reflected on the tradition, history and honor associated with en-

tering into the NCO Corps.

Staff Sgt. Wesley Boles told the audience about the "Boots of the NCO," recounting that no matter where, or when, or what the mission, an Army NCO was there wearing boots.

The duty and role of the NCO was stressed by guest speaker, Command Sgt. Maj. Charles Nash Jr., who said, "Soldiers do not work for you, you work for them."

To emphasize the three parts of the NCO Creed, 1st Sgt. Frank Graham, 1st Sgt. Isaac Blake and 1st Sgt. Richard Henry participated in the "Lighting of Candles" before the new leaders were formally inducted into the NCO Corps.

"This ceremony is a time honored tradition that symbolizes the passing of an enlisted Soldier into the ranks of the Noncommissioned Officer," Nobles said.

New inductees included: Sgt. Alex Auston Sr., Sgt. Hermel Bailey, Sgt. Fe Esperanza Cruz, Sgt. Rafael Gallardo, Sgt. Bryan Gnirk, Sgt. Jason Hancock, Sgt. Maria Hoose, Cpl.

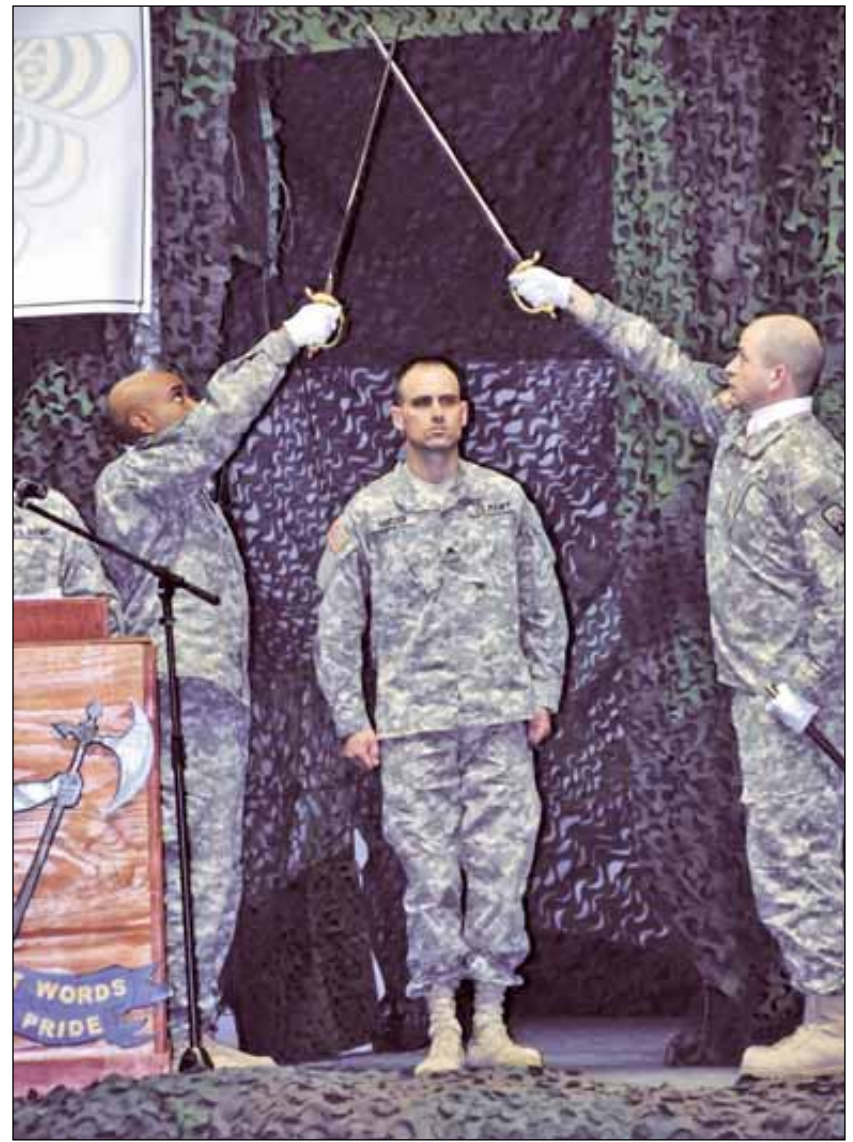
Richard Hunter, Sgt. Alecia Hutchison, Sgt. Ezekiel Kibet, Sgt. Thomas Marcum, Sgt. James Mark, Cpl. Benjamin Meadows, Sgt. Andres Melen-dez, Sgt. Darrien Miller, Sgt. Richard Morgan, Sgt. Jasmin Roberson, Sgt. Sheritta Turner and Sgt. Jacob Zetino.

The tradition of honoring new NCO's has received special emphasis this year after U.S. Army Secretary Pete Geren declared 2009 as "The Year of the NCO."

"This is exciting because over a 22-year career, having 18 years as an NCO and reflecting on the past, present and future of our NCO Corps and it's accomplishments and the expectations that the Army and our Nation has for this NCO Corps, to have the significance of [NCO Corps] brought to light is important" Noble said.

For more on "The Year of the NCO," or to see other related events, visit <http://www.army.mil/yearofthenco/home.html>.

"Soldier of the Year," Sgt. Jason Hancock is one of 19 Soldiers formally inducted into the Noncommissioned Corps during the 16th Sustainment Brigade's NCO Induction Ceremony April 9 at Grafenwoehr Performing Arts Center. The ceremony is one way the brigade is celebrating 2009 as "The Year of the NCO."



Stryker Soldiers pay homage to patroness of artillerymen, protect environment through community service project

Story and photo by
Dr. PETER FLEISCHMANN
Special to the Bavarian News

Last month, members of the 2d Stryker Cavalry Regiment, Fires Squadron repaired breakages at a ditch near the Thumbach river close to Netzbach Village as part of the squadron Spur Ride.

The work guaranteed the water supply of the pond near to the "Barbarahütte" and preserved wetlands and habitats of beaver and the kingfisher bird.

The hut is used by the Bundeswehr (German Army) for outdoor recreation. There is a small pond used for fishing and relaxing in front the hut. Because of beaver activities and the age of the bank stabilization, the small artificial creek waterside got broken and the pond almost dried out.

Lt. Col. Steven Bergosh, Fires Squadron commander, asked Stabsfeldwebel Gerald Morgenstern from the Bundeswehr for some reasonable work for his unit.

The Strykers, he said, wanted to do something special to honor Saint Barbara, the patroness of the artillerymen.

Morgenstern suggested repairs to the waterside to avoid complete breaching of the creek leading to the pond. The area is a part of the so called Natura2000 reserve, a part of a spe-

cial European network of protected habitats and threatened and endangered species.

Therefore, Lt. Col. Bergosh contacted the Environmental Division to avoid severe impacts into natural resources and, more importantly, to do something valuable for nature conservation.

A close coordination with Federal Forestry, as the representative of the owner of Grafenwoehr Training Area, the Bundesanstalt für Immobilienaufgaben and the Environmental Division followed.

As a "warm-up," the Spur Ride participants (approximately 60 Soldiers) walked 11 kilometers in full gear to the Saint Barbara Hut. After arriving at the hut, they started immediately repairing the waterside.

The Bundeswehr provided necessary material like gravel, sand bags and stones. The workers paved the top of the waterside only where necessary to make the breakages accessible.

To protect the surrounding wetlands from adverse impacts, the Soldiers worked manually, only using shovels, sandbags and wheelbarrows. After a day of hard work, about 180 meters (600 feet) of the riverside along the creek could be secured.

With this work, not only were the leakages sealed, natural resources can be preserved - a protected wetland has been prevented from drying out and the habitats of beaver, kingfishers and water bound species can be conserved.



Soldiers from the 2d Stryker Cavalry Regiment work to preserve the wetlands and habitats of beaver and the kingfisher bird at a ditch near the Thumbach river close to Netzbach Village.

Converting European cars to U.S. standards a costly mistake

by **ROBERT SZOSTEK**
USEUCOM Customs PAO

Americans in Europe must be aware of European car dealers who offer to convert cars or motorcycles to U.S. standards.

One stands to lose a significant amount of money if they try to ship a vehicle "converted" in Europe to the States.

The Department of Transportation and the Environmental Protection Agency only accept work done by licensed companies in the U.S., not the work of individuals or overseas companies.

The Department of Transportation and the Environmental Protection Agency only accept work done by licensed companies in the United States, not the work of individuals or overseas companies.

However, vehicles rebuilt by the original manufacturer to U.S. specifications can be imported with the proper documents.

U.S. Customs routinely perform computer checks of vehicle identification numbers to detect phony conversions.

"It is tempting to save some money by doing work here in Europe,"

said Bill Johnson, director of the U.S. European Command's Customs and Border Clearance Agency.

But, overseas conversions are not licensed by U.S. agencies.

"Shipping, paperwork and conversions cost between \$6,500 and \$25,000 per vehicle," he added.

Under EPA regulations, nonconforming vehicles less than 21 years

old may only enter the U.S. through an independent commercial importer.

These vehicles must be tested and adapted to the emission standards in effect at the time of production.

Vehicles that are 21-years-old or older do not require EPA tests or conversions.

DOT requires shippers of nonconforming vehicles to sign a contract

with a registered import company that must certify in advance that it can convert the model to U.S. safety standards. The owner must also post a bond for one and a half times the vehicle's dutiable value.

"Vehicles over 25-years-old do not need conversion to U.S. safety, bumper and theft prevention standards," Johnson added.

Get the "Importing a Car" pamphlet from a military customs office for more on shipping foreign vehicles. Find additional information at the military customs Web site, www.hqsareur.army.mil/opm/cars.htm.

Awareness, understanding brings autistic children, families together

Story and photo by
AMY NEWCOMB
Bavarian News

Leslie and Todd Bair's son, nine-year-old Christian, is autistic. Before he was diagnosed, many told Leslie Bair that he was misbehaving all the time. Bair, after being told Christian suffered from Attention Deficit Hyperactivity Disorder and after medication hadn't alleviated his symptoms, said she "didn't know how to connect with Christian" and there were never "good days."

After visiting a specialist, Christian was diagnosed with Pervasive Developmental Disorder on the Autistic Spectrum - or high functioning autism.

Bair admitted it was a very scary discovery, but at least she had an answer. The diagnosis allowed Bair to learn and research so much on autism that she said, "I can enjoy my son now."

Christian now attends special classes at Netzaberg Elementary School, including 60 minutes of speech, 30 minutes of small motor skills, and 30 minutes of reading help a week including developing social skills. "Once we got the Autism diagnosis ... there were so many helpful things because it's not changing him, its changing mom," Bair said, "It has made me readjust my attitude and now Christian and I can spend time together without frustration."

"It has also helped others to see Christian as special and not bad. It is a blessing to know that he just needs extra love and attention and understanding ... now he is doing outstanding."

Like Bair, thousands of moms and dads have to make that adjustment every year. According to the Center for Disease Control, autism affects one in 150 children in the U.S.

This makes it more common than childhood cancer, diabetes, and AIDS combined. It is usually diagnosed by three years of age. The disorder is called Autism Spectrum Disorder, which refers to the varying severities of autism an individual may exhibit.

Autism Specialist, Martin Sands, Bavarian School District, stressed while discussing the differences between a typically developing person



Christian Bair, 9, was diagnosed with Autism Spectrum Disorder two years ago. The diagnosis helped his family understand his behavior.

and an autistic person, that "(autism) is not a bad thing, it's a different thing."

Sands added that while in the past there was a certain stigma aligned with autism, people are becoming more educated to the differences between typical people and autistic people.

"The biggest misconception may be that an Autism Spectrum Disorder diagnosis is synonymous with mental retardation or a lower cognitive ability," Sands said.

This is simply not true. In fact, often these individuals have typical if not elevated intellects.

From a numerical perspective, said Sands, "autistic people are much more like non-autistic people than they are different from them."

Individuals with autism are physically indistinguishable from others and they have the same wants, needs, and feelings. They may, however, express these wants and needs differently than a typically developing person.

Autism affects a person's ability to communicate. An autistic child may

point to what they want instead of using words to indicate their needs. Their reaction to questions or conversation may be delayed and when they speak to someone they may not make eye contact.

Autism also affects a person's ability to socialize. An autistic child will not share joint attention. When a parent points to something with excitement, a typical child will look at the object and the parent. A child with autism will not. Also, an autistic child will not engage in imaginary play.

An autistic person's brain is wired differently, but because behavior is learned, "it's all teachable," Sands explained. "The most important fact I want people to understand is that autism is not a 'bad' or negative thing, but rather a 'different' thing. They can learn, thrive and be successful, but getting there is going to be different than someone that develops 'typically.'"

Sands manages a parent support

group for parents of autistic children at the Vilseck Army Community Service. "I (am) happy to help any way I can and answer questions," Sands said.

There are many other resources for parents in the community. The Exceptional Family Member Program has highlighted April as Autism Awareness Month, hoping to raise awareness about the Autism Spectrum Disorder.

For children up to three years of age, there are Educational Developmental and Intervention Services in Vilseck. EDIS has occupational therapists, a physical therapist, speech pathologists and educators who work with families.

For children older than three, the Pre-School Services for Children with Disabilities Program is available at the Netzaberg and Vilseck Elementary Schools.

The behavioral health clinics in Grafenwoehr and Vilseck can assist in assessing a child to provide diagnoses of Autism Spectrum Disorder and the Extended Care Health Option Program is available to most families with an autistic dependent.

For information on autism, contact Martin Sands at martin.sands@eu.dodea.edu. For EFMP services, call DSN 476-2733, CIV 09662-83-2733 or e-mail at jay.c.velis@us.army.mil.

Melissa Wolff, Bavarian News assistant editor, contributed to this article.

It has also helped others to see Christian as special and not bad. It is a blessing to know that he just needs extra love and attention and understanding.

Leslie Bair
Mother of an autistic child

NMS student prepares for national spelling bee

by AMY NEWCOMB
Bavarian News

Aria Sharon, a Netzaberg Middle School eighth-grader, is preparing for a trip to the nation's capital to participate in the Scripps National Spelling Bee next month.

Netzaberg's Parent Teacher School Association sponsored Sharon, who competed March 14 in the U.S. Army Europe bee at Ramstein Elementary School. Sharon placed first among 34 participants from military schools throughout USAREUR, earning the trip to Washington D.C.

The USAREUR bee marked Sharon's third spelling competition. The first came when she was in third grade. The second came earlier this year when she won the local spelling bee which was sponsored by the Netzaberg PTSA.

Although she began studying for the USAREUR bee after winning the local completion, she said, "The last week coming up to (the USAREUR spelling bee) was when my parents were like 'we got to get you studying'."

"I had studied so much that it was sort of like, okay I see it in my mind. I know what I am going to say.... but I was really nervous in

the beginning," Sharon said after being asked if she thought the spelling bee at Ramstein was difficult.

Spelling her way to victory was not difficult for Sharon, however, thanks to her English teacher who made Sharon write her spelling words five times each to focus on what letters were in the words.

"That's how you remember them for spelling tests, so I thought I should really use that," Sharon said.

Dr. Elizabeth Childs, principal of Netzaberg Middle School, said that going to the Scripps National Spelling Bee was a big deal for both Sharon and the school. " ... We are very excited and proud of her," Childs added.

Childs also said NMS staff will provide a spelling coach for Sharon to help her study for the national competition. "We are going to try to give her about 40 minutes every other day to study during school," Childs said.

If Sharon wins the Scripps National Spelling Bee in May she will bring home a trophy and will likely have the opportunity to participate in national media appearances, amongst other prizes.

To learn more about the Scripps National Spelling Bee go to www.spellingbee.com.



I had studied so much that it was sort of like, 'OK, I see it in my mind. I know what I'm going to say'.

Arian Sharon

KEEP IT Clean!



Photo by Gloria Mike

Netzaberg Middle School Student Council members create posters April 13 to promote Earth Day and the U.S. Army Garrison Grafenwoehr's spring cleaning campaign.

Spotlight on Education



NAME: Bob DeLonge

What do you teach?

Career Practicum - helping juniors and seniors at Hohenfels High School find jobs on post.

Hometown: Milwaukee, Wis.

How long have you been a teacher?

36 years, 34 of them with DoDDs.

What do you enjoy most about teaching?

I love what I'm doing. I work with kids helping them hone their skills and interest. When I see a kid that has been in my program go into that career, that's what it's all about.

What advise can you give students to succeed in school?

In career practicum they are working with people and gaining interpersonal experience. I think that is important for all students.

Top Italian general gives ‘comprehensive approach’ to stability, military planning

by JASON TUDOR
GCMC Public Affairs

The military leader of Italy’s armed forces said a “comprehensive approach” to regional stability and military planning is both historical and prudent to a continued peace.

Italian Gen. Vincenzo Camporini, chief of the Italian defense general staff, gave a speech at the George C. Marshall European Center for Security Studies in Garmisch-Partenkirchen, Germany, April 8.

He spoke to about 100 students from various European and Eurasian nations attending the Program in Advanced Security Studies.

The Marshall Center is one of five regional centers for security studies belonging to the Defense Security Cooperation Agency, based in Washington, D.C.

The general said he wanted students to understand his message about a “comprehensive approach” to stability and military planning, while understand that history is on their side.

“Some things have been true through history,” General Camporini said.

“So, don’t jump out and say ‘we’ve discovered a new world!’ The essence is that nothing has changed, but everything is changing.”

The general’s discussion highlighted works from Machiavelli, as well as touching on historical examples, like the creation of “war cabinets” by the United Kingdom during World Wars I and II.

“How the old principals can be implemented today is important. That is the essence of my message,” he added.

General Camporini also talked about Italy’s bolstering of troops in Afghanistan.

Italy pledged to grow its force by better than 20 percent, growing the

number of soldiers there from about 2,300 to about 2,800.

“We believe Afghanistan is the top priority for the western world,” General Camporini said. “Afghanistan is the place where the threat to our societies has grown. We cannot afford to have parts of the world where those who hate our way of life can nurture activities against us.”

Meanwhile, Afghanistan earned discussion and action during the North Atlantic Treaty Organization’s 60th Anniversary summit at Strasbourg, France. As the organization celebrated its sixth decade, General Camporini said NATO’s existence has never been more important and reminds others why.

“When I talk to young students who start complaining about things in their life, I have to remind them that we are living in a golden age in a small part of the world where everybody is free, everybody is fed, everybody has the right to be educated and life is easy,” he said.

“This has been possible,” he added, “because of the peace that has been kept in Europe and the Euro-Atlantic area by NATO. I do not believe that this is something is just acquired and set for the rest of history. You have to conquer it day by day. That’s why we need NATO today and for the future.”

“We cannot afford a future without this kind of political-military alliance,” he said.

The general also addressed recovery efforts following the earthquake center at L’Aquila, Italy that killed as many as 270 people and registered 6.3 on the Richter scale.

He said Italy sent 3,000 soldiers and equipment to aid civil protection authorities with medevac and search-and-rescue efforts.

“I am very pleased with the reaction of our military to this effort,” he concluded.



General Vincenzo Camporini, Chief of Italian Defense General Staff, speaks to about 100 students during the PASS seminar at the George C. Marshall European Center for Security Studies.

Photo by Sgt. 1st Class Alfred Johnson

Communities team up to provide medical help, care

Story and photo by
JOHN REESE
USAG Garmisch PAO

Medical emergencies are not for beginners. Having to learn how and where to get help may waste precious time.

Though Army medical personnel, optometrists and veterinarians visit the Garmisch military community periodically and Bundeswehr medics at Mittenwald stand ready to help with minor medical issues, they may not be there during an actual emergency.

According to Garmisch emergency service experts, being prepared may save a lot of grief and possibly a life.

Consider the following situations and how you would respond.

Hypothetical situation 1

A military couple living on post in the Breitenau Housing Area is awakened in the middle of the night when one of them begins to experience severe chest pains.

As the pain rapidly increases, they think it is may be a heart attack instead of indigestion and they wonder, “What should we do now?”

“The first step is to call the MPs (Military Police), especially if you are on post,” said Capt. Scott F. Woida, U. S. Army Garrison Garmisch Director of Emergency Services. “We will dispatch a patrol trained in standard first-aid, life-saving skills and defibrillator use.”

All military police are trained in first-responder emergency medical aid. Woida calls his MP desk “one-stop shopping.”

“The MP desk notifies the ambulance, instructs the gate guards to clear a lane at the gate for rapid access to post, and provides directions to the victim’s location. We’ll call TRICARE as well,” added Woida.

When a medical emergency occurs during duty hours, Fire Chief Wolfgang Pauls-Polch, who is also an Emergency Medical Technician and able to render more intensive first aid, may also be called by the MPs.

“After duty hours they’ll call the ambulance right away,” said Pauls-Polch.



Fire Chief Wolfgang Pauls-Polch leads a fire truck from the Garmisch Feuerwehr to the scene of a simulated accident on Artillery Kaserne. Some of the city’s volunteer firefighters also work for the garrison.

Hypothetical situation 2

Off-post, while hiking on the Zugspitze, a Department of Defense civilian suffers a nasty fall and is knocked unconscious - what now?

“First check the victim for breathing and pulse. If the victim is unconscious, don’t leave him alone!” said Pauls-Polch.

“Have someone summon help. There are emergency responders in Garmisch who will arrive by ambulance and, if necessary, a helicopter with an emergency doctor will land as close as possible to the scene and can transport the victim to the hospital.”

In addition to local national responders, the MPs should always be notified to bring in TRICARE and other garrison support. After the patient is transported to the local hospital and

TRICARE is notified, Garmisch Patient Liaison Laura Bertuzzi takes over.

“Patient Liaisons are the local experts on medical care in their communities,” said Bertuzzi.

“We are bilingual, with medical backgrounds. We know the local docs, hospitals and support services, where to go if you need medicine or crutches or batteries for a hearing aid. We know who takes credit cards, who takes TRICARE forms and who takes only cash. In a nutshell, we make getting care on the economy easier for patients and their families and health care providers.”

Bertuzzi, a registered nurse, makes a point of visiting hospital patients daily and is on-call 24 hours a day, seven days a week.

Last year she was lauded by a Navy family on leave from North Africa after the spouse suffered an injury while skiing and ended up with an extended stay at the Garmisch hospital.

Bertuzzi not only handled the patient’s needs, she went above and beyond helping the entire family by making the necessary arrangements for the unanticipated month.

“We meet patients in the emergency room, comfort and reassure them and their families, explain tests and procedures and help with the admissions process,” explained Bertuzzi. “We make sure our patient’s care is in line with their TRICARE benefits.”

For example, Bertuzzi sees to it that a Soldier gets a semi-private room. Bertuzzi has access to the virtual medical library at Landstuhl Regional Medical Center to supplement her expertise as an RN. LRMC is the Army’s biggest hospital outside of the continental U.S.

“Those of us who are nurses and liaisons can provide extensive patient-teaching about diagnoses, medications, supportive services, discharge and follow-up. My patients know that while they may not necessarily feel better after I visit they will be well-read!”

When the situation involves an accident on post, such as a medical emergency Feb. 4 that resulted in the surprise landing of a rescue helicopter on the motorcycle test range, Safety Officer Tuerk responds to survey the incident scene. Tuerk’s job is to determine the cause of the accident and report it up his chain of command.

“If necessary,” adds Tuerk, but “not all incidents result in injuries or lost work days. If that’s the case, no accident reporting is necessary.”

TRICARE also reports serious trends up the medical chain of command to the Department of the Army, an especially important aspect during this year of suicide prevention awareness.

In case of a medical emergency, the Garmisch Military Police and an ambulance may be contacted at DSN 114, CIV 08821-750-114.

The German Red Cross may be reached at CIV 19222. In case of poisoning, call CIV 089-19240.

Military children overcome obstacles, enjoy unique overseas opportunities

Story and photo by
KRISTIN BRADLEY
Bavarian News

While no one tries to pretend that life as a military child is easy, those most up-front about the hardships they face are the children themselves.

Ask a group of children of any age what it's like being a military child and they won't shy away from telling it like it is.

10-year-old Eliana Reagin will tell you right away that she has moved seven times and attended three different schools, one of them for just two months.

7-year-old Veronica Whitt will admit it is hard on both her and her mother when her father is deployed.

"He does a lot of fun stuff I miss when he's gone. He's strong and helps keep us together," she said. "When he's gone I pray for him that God will protect him."

Though as eager as they are to talk about the hardships that come with being raised in the military, they also are quick to acknowledge the advantages that come with it, especially for children living in Europe.

"You get to visit places most people have never been," said 11-year-old Zarayia Fuller.

"It's fun living here because when you grow up you can say you lived in Germany," said Timia Gilbert, also 11.

Those conflicting feelings are something Mary Helbling, lead child and youth program assistant at U.S. Army Garrison Hohenfels School Age Services, understands from raising three military children herself.

Helbling said she and the rest of the Child, Youth and School Services staff at Hohenfels try to provide the children with programs and care that help them make the most of their situation.

"I keep telling my kids what an opportunity they have here," she said. "Who goes to Italy for their senior skip day or has prom in a castle? How many kids get to spend spring break in Czech building a playground with Club Beyond? The opportunities are there for them, they just have to realize it."

Both Helbling and the children at SAS said that one of the positive aspects their life offers is the friends military children can make worldwide.

"Most (military children) are not shy. They are really into people. That's helped my kids personally," she said, adding that her teenagers still communicate with friends in Poland, Italy, and Korea.

And of course there is one thing military children share no matter where in the world they live.

"I'm very proud of my Dad because he's helping his country and risking his only life to do it," said Whitt. "He risks his life for his country, to protect you, this school and the whole country. So I'm very proud of him for doing that and so is my mom."

To say "thank you" for the sacrifices military children make every day, SAS held special programs throughout spring break concluding with an American Idol-inspired Junior Idol competition and a playground barbeque.

April 17 CYS will host Kinderfest, its main Month of the Military Child event, from 3 to 7 p.m. at the SAS facility, Bldg. 112.



Maria Ross and her children Darren, right, and Destiny, left, enjoy the School Age Services Junior Idol competition, one of SAS's events honoring Month of the Military Child. Ross's children and the children at U.S. Army Garrison Hohenfels represent just a fraction of the more than 1.7 million American children under the age of 18 that have at least one parent serving in the military.

VOLKSFEST SCHEDULE OF EVENTS

- Wednesday, April 29 (gate 1 open 3 p.m. to 1 a.m.)**
4 to 6 p.m.—All rides .50 Euro
4:30 p.m.—Grand Opening Ceremony and Keg Tapping (at the fest tent main stage)
6 p.m. to 12 a.m.—Chris Wittl Band at fest tent main stage
- Thursday, April 30 (gate 1 open 5:30 p.m. to 1 a.m.)**
3 to 6 p.m.—Soldier Appreciation Day
3 to 7 p.m.—Ernie Ray Everett Band at fest tent main stage
7 p.m. to 12 a.m.—Music to be determined at fest tent main stage
- Friday, May 1 (gate 1 open 11 a.m. to 1 a.m.)**
1 to 6 p.m.—Jumping castles at children's area
2 to 5 p.m.—Music to be determined at fest tent main stage
7 p.m. to 12 a.m.—Music to be determined at fest tent main stage
- Saturday, May 2 (gate 1 open 11 a.m. to 1 a.m.)**
12 to 3 p.m.—Fourth Annual Hohenfels Cooking Classic at fest tent main stage
12 to 6 p.m.—Military displays at the display area
1 to 6 p.m.—Jumping castle at the children's area
3:30 to 5 p.m.—Music to be determined at fest tent main stage
2:30 to 6:30 p.m.—Children's events at the children's area
6 p.m. to 12 a.m.—Country Stars Band and KONTAKT Club Line Dancing at fest tent main stage
10:30 p.m.—Fireworks display
- Sunday, May 3 (gate 1 open 8 a.m. to 1 a.m.)**
9 a.m.—Ticket booth opens for bus tours through the box
10 a.m. to 1 p.m.—Youth beach volleyball at the volleyball area near the fest tent
10 a.m. to 4 p.m.—Bus tours through the box every hour until 4 p.m. leaving from the main fest entrance
1 to 4 p.m.—Adult beach volleyball at the volleyball area near the fest tent
12 to 6 p.m.—Military display at the display area
2 p.m.—Black powder musket shoot at field beside main fest tent
2:30 to 5 p.m.—Music to be determined at fest tent main stage
6 p.m. to 12 a.m.—Music to be determined at fest tent main stage

Times and locations are subject to change. Check the daily news briefs and Hohenfels Hometown Happenings for the most up to date information.



Photo by Kristin Bradley

Children enjoy the bumper cars during the 2008 Volksfest.

Annual Volksfest opens next week

by **KRISTIN BRADLEY**
Bavarian News

U.S. Army Garrison Hohenfels will host the 39th annual German/American Volksfest April 29 through May 3.

The festplatz, located just inside gate 1 next to the high school, will become home to numerous rides, games, food booths and a large fest tent serving beer and traditional German food.

During fest hours gate 1 will be used exclusively for inbound and outbound access to the fest with parking available on the airfield.

Special events will be held throughout the weekend.

Jamie Stevens, Volksfest program manager, said Family, Morale, Welfare, and Recreation will host a special Soldier Appreciation Day on Thursday from 3 to 6 p.m. as a thank you for all

active-duty Soldiers and their families. During this time only Soldiers and their families will be admitted into the fest where they will receive free rides and free food and beverages (excluding alcohol) from the beer tent.

FMWR will also host youth and adult beach volleyball games on Sunday. To participate call Bill Craven, FMWR sports programmer, at DSN 466-2868 for a registration form.

The Hohenfels library will host the fourth annual Hohenfels Cooking Classic on Saturday. This year's categories "Incredible Chocolate Cakes", "Cheesecake Innovations", "Amazing

Pies" and "Kids Creations" will be judged by a panel of V.I.P. judges.

Entry forms are available at the library and must be returned by April 30. For more information, call DSN 466-1740 or email carolin.schrag@eur.army.mil.

To ensure attendees enjoy the fest safely, the garrison will be offering special late buses to Hohenburg, Burglengenfeld, Laaber and Velburg departing the high school at 12:30 a.m. each night of the fest. Regularly scheduled buses will also run to various locations off post. Check posted bus schedules for times.

To ensure attendees enjoy the fest safely, the garrison will be offering special late buses to neighboring communities.

Hohenfels welcomes ATVs to FMWR fleet

Story and photo by
KRISTIN BRADLEY
Bavarian News

The arrival of 22 brand-new All Terrain Vehicles makes U.S. Army Garrison Hohenfels' Family, Morale, Welfare and Recreation outdoor recreation program the first in Europe with the vehicles.

"While it's primarily for Warrior Adventure Quest, we will be permitting

our residents to take full advantage of these super fun recreational machines as well as our extensive courses," said Stacey Downing, garrison FMWR director.

A chief instructor for the ATV Safety Institute was at Hohenfels April 9 preparing FMWR staff from throughout Germany for ATV rider's course instructor certification.

Jamie Stevens, Hohenfels FMWR special events coordinator, said



Jamie Stevens, far right, Hohenfels FMWR special events coordinator, learns how to direct All Terrain Vehicle riders as she completes a course to earn her ATV rider's course instructor certification April 9.

eventually those instructors will offer classes to U.S. I.D. card holders about once a month that riders must take before being permitted to use the vehicles.

The course would typically last three to five hours and would then allow riders to participate in FMWR-led excursions through the Hohenfels training area.

"The courses will be designed for the rider. We have an entry level or easier course all the way up to a full advanced rider coarse," said Downing, adding that the courses are challenging enough to satisfy even the most experienced riders.

"The contractors that were hired to construct the ATVs together tested them on our course. They were begging to return and use their own quads to explore more of our course offerings. They said we've got a totally awesome trail. That's a high compliment coming from expert quad owners."

Stevens said that in addition to renting the ATVs themselves ODR will also lend riders all the equipment necessary to ride safely, including helmets and protective clothing.

No classes or outings are available to the public at this time. Check the daily news briefs and Hometown Happenings for updates or call ODR at DSN 466-2060.

Protect yourself from identity theft, act quickly if victimized

by **CLAY DONNIGAN**
Hohenfels Legal Office

Today’s culture that thrives upon a lightning fast pace of technology and consumerism has contributed to the creation of a new and sophisticated approach to lying, cheating and stealing.

Identity theft has unfortunately become a somewhat commonplace occurrence and almost always results in harm to the victim, usually in the

form of financial harm that can take years to correct.

Though it may be obtained in a number of different ways, typically the identifying information obtained to perpetrate the fraud includes a person’s name, social security number and date of birth. It often also includes numbers related to a driver’s license, alien registration, passport, employer identification or taxpayer identification and can even include unique biometric data, electronic identification, routing

codes and telecommunication data.

The typical means of stealing identities include taking the victim’s personal items such as a wallet, purse, mail or cell phone.

On a more sophisticated level, the theft may occur as a result of corrupt government or business employees who unlawfully access an individual’s restricted information or an entire company’s accounts data base.

Hacking into computer systems or using e-mail or telephone to convince victims to provide personal information, a technique known as phishing, is growing in popularity with identity thieves.

Maria Pfab, U.S. Army Garrison Hohenfels automation manager, wants users to know that such scam emails can find their way into any computer, including those hooked up to a government network like Hohenfels.

“The network is restricted as far as who can log on, but it is not closed to e-mails. Anything can come in,” said Pfab.

Whether at home or at work, never respond to an e-mail requesting personal information. Never log on to an account through a link provided in an e-mail. Instead go to the company’s website directly by typing it into the address bar.

One phishing technique, called spear phishing, will send an e-mail that appears to be from someone you know. Pfab said users should beware of clicking on any links in e-mail, even if it appears to be from someone you know, as it may download spyware or other malicious code.

Rachel Sosa, financial readiness program manager at Army Community Service, also recommends being

cautious when doing online shopping. Make sure the site is secure before entering credit card information and make sure your wireless internet connection is secure and protected by a password.

Sosa said everyone should take advantage of the free credit reports available annually from each of the three main credit reporting agencies.

Though you must access the Web site from inside the United States to request the free reports online, Sosa said she has hard copies of request forms available at ACS.

“Being alert is the key,” she said. “Don’t leave your information out anywhere. If a receipt has your full credit card number on it, shred it. Single Soldiers and other people living with roommates need to be sure to secure anything with financial information on it.”

Unfortunately, even the most vigilant can become victims of identity theft.

Once identity theft has occurred the focus becomes damage control and sorting through the resultant legal mess.

To assist victims in these efforts, several states offer “Identity Theft Victim Kits,” many of which are available online.

Once you realize you have been

victimized there are important steps that should be taken as soon as possible.

- Immediately suspend or close compromised financial accounts and place an initial fraud alert with at least one of the three nationwide

credit bureaus: Equifax, Experian or TransUnion.

- Contact all agencies that issued the lost or stolen information to issue you new documents or to establish new accounts.

- Vigilantly review your credit report and information on billing or account statements.

- File a police report. Ideally, such a report would be filed in

the locality where the theft occurred. Americans stationed in Germany can visit their local military police station to file a report.

- File a complaint with the FTC and the Military Sentinel, two organizations which operate as “watch dogs” of such cases.

As patience is a virtue, keep in mind that the road to clean-up will most likely be long, laborious and at times frustrating.

As hard as it may be, you must meet this problem head-on and without delay.

For additional information, contact the Hohenfels legal assistance office at DSN 466-2401.

“**Being alert is the key. Don’t leave your information out anywhere. If a receipt has your full credit card number on it, shred it.**”

Rachel Sosa
Financial Readiness Program Manager



Photo by Kristin Bradley

Spc. Tia Sokimson does some online research at the U.S. Army Garrison Hohenfels education center. Maria Pfab, U.S. Army Garrison Hohenfels automation manager, said the internet is a major source of identity theft and urges users to be vigilant when using both their home and work computers.

Soldiers urged to monitor health closely following redeployment, report symptoms

by **CARLA E. JONES**
U.S. Army Center for Health Promotions & Preventive Medicine

It is not uncommon for Soldiers to report health concerns after deployment.

According to the Armed Forces Health Surveillance Center, during post-deployment reassessment 39 percent of active-duty Soldiers reported they had health concerns (not a wound or injury) and 29 percent reported that their health was worse than before deployment.

Many Soldiers experience minor, temporary changes in their health after returning from a deployment.

These short-term changes are mostly due to reintegration into home and family life, deployment travel, jet lag and getting used to a different schedule and diet. Soldiers may also feel tired, have a change in appetite or experience sore or achy muscles.

These effects should be temporary and decrease as the days go by. If these effects do not improve, or if they get worse, Soldiers should be sure to see a healthcare provider as soon as possible.

It is important Soldiers remain aware of their health after returning home.

Most illnesses related to deployment occur while troops are still in theater, however, some diseases and other medical conditions may not cause noticeable symptoms until several months after Soldiers arrive back at their home station.

Almost all symptoms will show up within the first six months after returning from deployment.

If a Soldier experiences any of the symptoms



Photo by Troy Darr

Soldiers from Team Cherokee, 1st Battalion, 4th Infantry Regiment’s most recent company to redeploy from Afghanistan, wait to be released to their families for the first time in eight months following their redeployment ceremony Feb. 27.

below in the first few weeks or months after returning home, he or she should get medical care as soon as possible:

- Fever
- Muscle or joint pain
- Stomach or bowel problems
- Swollen glands
- Skin problems

- Excessive tiredness
- Emotional problems
- Difficulty sleeping
- Shortness of breath
- Weight loss

It is very important for Soldiers to tell their healthcare provider when and where they were deployed.

The sooner tests are done to determine the cause of symptoms the sooner the correct diagnosis can be made and treatment can begin.

Though it is not unusual for Soldiers to experience difficulties when readjusting to their home duty station, there are a number of strategies they can use to stay healthy during this time:

- Eat regularly. Make healthy food choices. Stay away from high-fat, high-sugar foods.
- Get plenty of exercise.
- Don’t let medical problems go untreated. Keep regular appointments with your healthcare provider and keep up with preventive medicine screenings.
- Make sure to get a good night’s sleep.
- Balance the amount of time spent at work and time spent with friends and family.
- Make time to relax. Take time to do activities you enjoy.

Above all, Soldiers should pay attention to their health after returning home from deployment. If there are any health concerns, be sure to contact your healthcare provider, chaplain or chain of command.

For more information about health after deployment, visit the USACHPPM Web site at <http://chppm-www.apgea.army.mil>.

What's Happening

Grafenwoehr/ Vilseck Briefs

Celebrate Earth Day

Today, from 10 a.m.-4 p.m. join the Earth day celebration in front of the Grafenwoehr PX. There will be a flea market, games, prizes, videos, button machines, and more.

Early-bird shopping

Early Bird Shopping is now accessible Monday, Tuesday, Thursday and Friday from 8 - 10 a.m. at the Vilseck Commissary. Only self-checkout registers will be open, so there will be a 15 item limit. Deli sandwiches will be available at the Grab-n-Go section, but made-to-order sandwiches will not be available until 10 a.m.

Special Olympics

The annual Kaiserslautern Special Olympics Spring Games will be May 6 in nearby Enkenbach.

Hundreds of volunteers are needed, including more than 700 Buddies for the athletes.

If you wish to volunteer as a Buddy or for another position contact [Larry Zani@compuserve.com](mailto:Larry_Zani@compuserve.com).

Tax centers are open

Scheduled appointments and walk-ins are available daily with extended hours several days a week.

In Graf, call DSN 475-9258, CIV 09641-83-9258, in Vilseck DSN 476-2714, CIV 09662-83-2714 for more.

Travel opportunities

To sign-up for these trips, call Vilseck ITR DSN 476-2563, CIV 09662-83-2563, or Graf ODR DSN 475-7402, CIV 09662-83-7402.

- Mosel Wine and Medieval Castles, May 1-3
- Cinque Terre, Pisa, and Lucca Italy, May 21-25

KONTAKT Club

Check out your local German-American friendship organization, KONTAKT Clubs in Grafenwoehr, Vilseck and Amberg.

For more, call DSN 475-8885, CIV 09662-83-8885, or DSN 475-1600, CIV 09641-83-1600, visit <http://www.kontakt-vilseck.de>

Employment readiness

ACS Employment Readiness Program offers weekly e-mails of jobs available within USAG Grafenwoehr.

Gain the skills you need to find the job you want. Call ACS at Vilseck CIV 09662-83-2650, or Graf CIV 09641-83-8371 for more or to be put on the job distribution list.

Clinic appointments

You can now book your Vilseck Health Clinic appointments by following these steps:

1. Visit <https://www.tricareonline.com/welcome.do>
2. Click to agree with terms and conditions
3. Click Register with TOL
4. Fill in the appropriate information for each family member

Days of Remembrance

The Grafenwoehr Military community is observing "Days of Remembrance" with guest speaker Dr. Jack Terry, a holocaust survivor, on May 1 in Bldg. 153 next to Graf DFAC from 11:30 a.m.-1 p.m.

For more, contact Msg. Brown at 475-8038 or e-mail celeste.brown@eur.army.mil.

There will be a remembrance trip to Flossenbuerg concentration camp conducted by Dr. Jack Terry, May 2. Bus will depart JMTC HQ parking lot at 10 a.m. and will return to Grafenwoehr by 4 p.m. Bring Euros for lunch. You will also have the opportunity to visit the town.

To sign up contact Msg. Michael Cavalier at 475-6505 or e-mail at mike.cavalier@eur.army.mil. For more, visit <http://www.gedenkstaette-flossenbuerg.de/fileadmin/dokumente/RSGB.pdf>.

Spring Cleanup

From May 4-6 all Soldiers, civilians and family members are expected to participate in Spring Cleanup for the Grafenwoehr and Vilseck communities.

This applies to government or government-leased quarters as well as the work place. Help make this the best place to live and serve in Germany by sorting your trash and keeping our area neat and clean.

Detailed information on your role in the Spring Cleanup campaign is posted on our garrison Website at www.grafenwoehr.army.mil.

Be the best

Do you have what it takes to be "The Best?"

USAG Grafenwoehr will be recognizing the best yards and multi-family buildings for Spring 2009. Judging will be on May 16. To volunteer to be a judge or for more on the contest, contact Gloria Mike at DSN 475-6457, CIV 09641-83-6457 or e-mail gloria.mike@eur.army.mil.

Estate claims

Anyone having claims on or obligations to the estate of Spc. Israel Candelaria Mejias of 1-2 IN Task Force, 3-66 AR, 172nd In Brigade, should contact the following summary court martial officer, 1Lt. Sean N. Dexter at DSN: 475-9262 or e-mail sean.dexter@us.army.mil. Anyone having claims on or obligations to the estate of Spc. John S. Jeffries of 41st CTC, 18th CSSB, should contact the summary court martial officer, 1Lt. James C. Simmons at DSN 476-5120 or e-mail james.c.simmons@us.army.mil.

Anyone having claims on or obligations to the estate of Pvt. Court D. Haugen of RHHT, 2SCR should contact summary court martial officer, 1Lt. Matthew M. Daigle at DSN 476-5045 or e-mail matthew.m.daigle@eur.army.mil.

Academic mentors needed

Dr. Elizabeth Childs, Netzaberg Middle School principal, is calling for adult volunteers to mentor students grades 6-8 towards academic success.

Mentors would make a nine-week commitment to come to the school once a week from 1:30 - 2:45 p.m. to tutor a student.

If interested, contact the middle school counselors at lisa.leveque@eu.dodea.edu, or pamela.skorupski@eu.dodea.edu.

Thank you

The Chaplain's office would like to thank the promoters and distributors from the Commissary who contributed candy and beverages in support of over 400 children and parents that showed up for the Grafenwoehr Easter egg hunt event on April 11 at the Graf Field house. They would also like to extend thanks to those that helped with the games, food and the hiding of the eggs.

VFW news

The Grafenwoehr VFW hosts an Open House every Wednesday at 6 p.m. Business meetings are held on the second Tuesday of each month at 6 p.m.

POC is Commander, James Holliman 0160-91423858, or Sr. Vice Commander Roger Schneider 0160-95877025.

Vilseck VFW holds an Open VFW night Thursdays for members and for those that are curious, held at Bldg. 133 (located behind Vilseck Fire Station) 6-10 p.m.

Now hiring

The Community Bank in Vilseck is looking for a part-time teller. The position will be temporary until December 31, but may become permanent.

Applications can be picked up at any CommunityBank, but must be turned in to Vilseck's banking center.

For more call CIV 09662-8791, or e-mail vilseck.bc@dodcommunitybank.com

Identity theft

Identity theft is a worldwide problem. Contact DuJon Moss, certified identity theft risk management specialist at CIV 0162-736-7148 to find out how you can stay safe.

Star Wars visits

Star Wars characters will visit the

garrison May 3. Up to 10 costumed characters will visit.

- 11-11:30 a.m. Graf Library
- Noon - 1 p.m. PX Mall Area
- 2 - 4 p.m. other MWR facilities

locations still pending.

Hohenfels Briefs

JMRC Spring Ball

The JMRC Spring Ball kicks off at the Ostbayerhalle in Kreuth Friday at 5:30 p.m.

Tickets are available from the JMRC S1 in Bldg. 1 or from team representatives. Cost is 17 Euro for staff sergeants and below, civilians in pay band one and local national employees. Cost for sergeants first class and above and all others is 20 Euro.

The evening will feature a social hour from 5:30-7 p.m. followed by a buffet dinner and dancing. For more information call Bob Leon at DSN 520-5506 or Sgt. 1st Class Cristita Bufford at DSN 520-5350.

Volksmarch

The student Volksmarch on April 24 will be from 9-10 a.m., starting at the Elementary school. The Volksmarch is free of charge and all family members are invited to accompany the classes during this special event. This is a great opportunity for the children to enjoy a part of the host nation's tradition and culture, enjoy the outdoors with their classmates and get plenty of good exercise.

Hohenfels book club

The Hohenfels Book Club will meet April 27 to talk about Daniel Wallace's book 'Big Fish' and plan a field trip to hear him speak in Ansbach in May.

If you are interested in participating, call the library to sign up for the trip at DSN 466-1740.

Day of the Book, Child

El Dia de Los Libros/El Dia de Los Ninos will be celebrated on April 28 at the library with a special puppet show at 10 a.m. The regular Lapsit and Story Time will be cancelled on April 28.

Call the library at DSN 466-1740 for more.

CYSS Kids' Club

Parents and children can participate in gross motor play at the CYSS Annex Facility, Bldg. 44, from 9:30-11:30 a.m. every Thursday.

Activities include climbing, crawling, manipulating obstacles, running, jumping and other fun events. Children must be CYSS/Kids' Club registered. Kids' Club is free and is a great opportunity

to get out, relax and make new friends. Open to parents with infants to kindergarten-age children.

Call CLEOS for more at DSN 466-2078/2080.

Single Soldier's retreat

The Family Life Chaplain is sponsoring a single Soldiers retreat at Edelweiss in Garmisch, Germany May 1-3. To reserve your spot call DSN 466-3473/4795.

Celebrate nurses week

All nurses on post are invited to a luncheon May 8 at 12 p.m. in the health clinic conference room. This includes CNAs, LPNs and RNs. RSVP by calling DSN 466-3117.

American Red Cross classes

There will be a CPR & first aid class from 8 a.m. to 5 p.m. May 8 in the ACS conference room.

Cost is \$30 for First Aid, \$35 for CPR or \$40 for both. Additional course dates are available in Vilseck.

A babysitter's training class for youth ages 11-15 years, 9 a.m. to 4 p.m. will take place May 9 in the SAS building. Cost is \$35.

Visit the American Red Cross office in Bldg. 10 or call DSN 466-1760 to register. Phone registration is available with credit card payment.

Bowl Your Brains Out

Bowl your brains out at Lane 17 every Monday from 5-9 p.m. Bowl as many games as you want for just \$7 for adults and \$5 for children ages 12 and under. Shoe rental included.

Extreme Bowling

Bowl your brains out with an Extreme Bowling twist every Saturday from 8-11 p.m. Bowl as many games as you want for just \$10 for adults and \$7 for children ages 12 and under.

Blood drive

The Hohenfels health clinic is sponsoring a blood drive but in order for the donor center team to come to our community, 65 people must pre-register. Blood donated to the US Army blood program is only used in military medical treatment facilities and on the front lines. By donating one unit of blood, you could save three lives. In order to donate, you must not have been deployed in the last 12 months, not have been stationed at a military installation for more than six months between 1980 and 1996 or have lived in Europe for five years or more since Jan 1, 1980. Other restrictions apply.

Contact Sgt. Christopher Black at DSN 466-4006 or christopher.black2@amedd.army.mil with questions or to pre-register.



SPRING CLEANUP!

During **May 4- 8**, all Soldiers, civilians and family members will participate in Spring Cleanup in the Grafenwoehr and Vilseck communities.

This applies to government or government-leased quarters and the work place.

Please help make this the best place to live and serve in Germany by sorting your trash and keeping the area neat and clean. Detailed information on your role in the Spring Cleanup campaign is posted on the garrison website at www.grafenwoehr.army.mil.

What’s Happening

Ansbach Briefs

Country Fair and Bazaar

The Illesheim Spouses and Civilians Club hosts the Storck Barracks Country Fair and Bazaar Friday-Sunday in Bldg. 6500 (old 412th hangar). Bazaar hours are 2-7 p.m. Friday, 10 a.m.-7 p.m. Saturday and 10 a.m.-5 p.m. Sunday. The event will feature goods from all over Europe, handmade crafts from local community members, food and activities. The event is open to U.S. identification card holders. Cash and credit cards will be accepted as payment for goods.

Jungle Jam

Ansbach FMWR hosts Jungle Jam Celebration, its largest Month of the Military Child event, Saturday from 11 a.m.-3 p.m. in the old 412th Hangar (Bldg. 6500) on Storck Barracks. The event will feature food, fun, games and more. For more on the event, send an e-mail to ans-mwr@eur.army.mil.

New education opportunity

The Army Vocational/Technical Soldier Program, a short-term pilot program, provides training in high-demand career fields to help Soldiers find employment after they transition out of the Army. Army Education is working with technical and community colleges throughout the United States. For an up-to-date listing of community and technical college program submissions for inclusion in the AVOTEC Program, visit https://www.hrc.army.mil/site/education/VOTEC_Program.html. For more, call the education center at Katterbach, DSN 467-2817, CIV 09802-83-2817, or Storck Barracks, DSN 467-4750, CIV 09841-83-4750.

AER campaign

The Ansbach Army Emergency Relief Campaign runs now to May 15. For more on the campaign or to find out how to contribute to AER, call DSN 467-2553, CIV 09802-83-2553.

School registration

USAG Ansbach area schools are holding school registration for the 2009-2010 school year now. Parents are advised that the earlier they register, the better service the schools will be able to provide as staff and resources are allocated before registration ends. For more, call your servicing school.

Medical appointments online

Katterbach Health Clinic patients can

now make appointments online. People who wish to avoid the cost and wait associated with making an appointment over the phone can log on to the Web site <http://www.tricareonline.com> and register. After that, follow the instructions.

Early school withdrawal

The Department of Defense Dependents Schools early withdrawal date for this school year is May 15. DODDS officials said they realize that due to the military lifestyle, families are sometimes required to move before the end of the school year. This date provides flexibility without compromising academic standards or putting a student behind in the curriculum. For more, call you servicing school.

Community blood drives

Katterbach and Storck Barracks host community blood drives in May in association with the Armed Services Blood Program. The Storck Barracks blood drive is May 12 from 8 a.m.-3 p.m. at the fitness center.

The Katterbach drive takes place May 13, 8 a.m.-4 p.m. at the fitness center. There will be donor incentive gifts and everyone is asked to invite friends and family to give blood to save lives. To make an appointment and register with the ASBP, go to <http://www.militarylifeorce.com> and click on Landstuhl.

Live theater

The award-winning Terrace Playhouse hosts its production of “Over the Tavern,” a comedy about family, Friday, Saturday and May 1-2 at 7:30 p.m. and May 3 at 2 p.m. at the facility in Bleidorn Housing. The play is a depiction of family, growing up and faith in 1959 America. For ticket prices or for more, call DSN 468-7636, CIV 0981-183-636.

Meet the author

Daniel Wallace, author of “Big Fish” and “The Watermelon King,” will be on hand May 8 for a writing workshop from 5:30-6:30 p.m. and a book reading from 7-8 p.m. at the Von Steuben Recreation Center on Bismarck Kaserne. For more, call the Bleidorn Library at DSN 468-1740 or CIV 0981-183-1740.

Camp A.R.M.Y. Challenge

Parents have until May 4 to sign their children up for the FMWR Camp A.R.M.Y. Challenge program this summer. The camp is open to children in grades six to 12 who had or will have a parent deployed between June 1, 2008, and March 1, 2010. The projected resident camps include basketball, culinary, soccer, and track

and field. They are scheduled for June 15-20. The registration fee is \$50. For more, or to submit applications, visit <http://www.mwr-europe.com>.

Subway hours extended

New hours for the Subway at Storck Barracks are Monday-Friday, 8 a.m.-8 p.m.; Saturday, 11 a.m.-6 p.m.; closed Sunday.

Mail notification via e-mail

The USAG Ansbach Community Mail rooms now offer e-mail notifications when packages arrive at the CMR. For more, or to register for the service, talk to the staff at your CMR.

Marriage, family therapy

The Ansbach Behavioral Health Clinic on Bleidorn Kaserne, Bldg. 5083, has a marriage and family therapist available every Monday-Friday from 7:30 a.m.-4:30 p.m. The therapist is available to assist with pre- and post-deployment related issues that impact the marriage or family. The therapist also sees couples and families for counseling not related to deployment. For more or to make an appointment, call DSN 468-7853, CIV 0981-183-853.

ASCC scholarships

Applications for the Ansbach Spouses’ and Civilians’ Club Scholarship Program are available. The club expects to give out \$6,000 in scholarships to students this year. There are three categories for scholarships: high school seniors, college students who are military family members and spouses’ club members pursuing higher education. Applications are available online at <http://www.asccgermany.org>. For more on the program, send an e-mail to scholarship@asccgermany.org.

Schweinfurt Briefs

Orientation for newcomers

Are you new to the Schweinfurt community? If so, then the five-day Schweinfurt Newcomers Awareness Program is the fit for you from May 4-8. Free childcare is available the entire week. Get acquainted with the military community as well as the German town of Schweinfurt. For more information or to sign up, call DSN 354-6933 or CIV 09721-96-6933.

Spring cleaning flea market

Clean out your house and sell your wares at the Schweinfurt Middle School flea market May 2. Purchase a table for the duration from 10 a.m.-3 p.m. Tables are \$10 for half and \$20 for full. E-mail diane.schmidt@eu.dodea.edu for an application or call CIV 09721-96-6815.

Donate to the soup kitchen

Donate to the spring food drive for Elim Christian Mission’s soup kitchen in Poland until May 10. Items requested are canned vegetables, rice, beans, pasta and dried peas. By donating, you will help to feed 100 people each day that rely on the mission’s soup kitchen. Drop off donations at the Ledward chapel foyer area, School Age Services, Youth Center, Schweinfurt Middle School or Andrews Federal Credit Union. For more, call CIV 09721-96-6860.

Month of the Military Child

April is the Month of the Military Child and the community is invited to attend the special events throughout the month:

- Tomorrow - Spaghetti lunch, CDC at 11:30 a.m. (pre-registration required)
- Friday - Family movie day, SAS, time TBA
- Saturday - Kinderfest, SAS at 1:30-4:30 p.m.
- April 30 - CDC parade, Askren Manor at 3:45 p.m.
- April 30 - SAS/ACS Character Counts workshop for parents, SAS at 5-6 p.m.

Join women’s Bible studies

Protestant Women of the Chapel welcomes all women of the community to join a small group Bible study at Ledward Chapel Wednesday mornings at 9 a.m. The new study “Delighting in God’s Gifts” begins today. Free child care is provided, as well as snacks, and rides are available.

Find friendship, fellowship, and God. For more, call CIV 0170-277-8980.

B.O.S.S. wants your input

Want to help plan events for single Soldiers or just give your input into how things run? Attend Better Opportunities for Single Soldiers’ council meeting on the second and fourth Tuesdays of each month. The next meeting is Tuesday and all single Soldiers are invited to attend. The meeting is held at Finney Recreation Center at 2 p.m. For more, call CIV 09721-96-8476, DSN 353-8476.

DRMO appointments online

Unit representatives can now log onto the Schweinfurt Defense Reutilization Marketing Office Web site to schedule appointments to turn in equipment. Visit www.drms.dla.mil and click “Schedule property turn-in” and “Local customer to DRMO.” Call 09721-96-8863/8243/8518 for details.

Join the adult book club

The community is invited to attend the adult book club at Ledward Library on the last Thursday of each month. The next meeting is April 30 at 5:15 p.m. to discuss the book, “In Defense of Food” by Michael Pollan. A copy of the book can be picked up at the library’s circulation desk. Coffee, tea, and treats will be served. For more, call CIV 09721-96-6487.

Unit-level softball

Sign up for unit-level softball until May 4. Season begins May 12 at Pendleton Field on Conn Barracks and is open to unit-level teams only (rear detachment teams can combine within battalion). Call Finney Fitness Center to sign up at CIV 09721-96-8234.

High ropes course fun

Challenge yourself physically and mentally on over 100 elements in different heights (while safe in a harness) on Conn Outdoor Rec’s high ropes course trip May 9. Sign up now. Trip departs at noon and returns around 4 p.m. Cost is \$30. Call ODR at 09721-96-8080.

Volunteer recognition

The community is invited to attend the volunteer recognition ceremony at Kessler Bowling Center tomorrow from 11 a.m.-1 p.m. Registered volunteers of the community will be recognized and appreciated. For more, call Army Community Service at CIV 09721-96-6933.

Preventative auto maintenance

Enlighten yourself on how to prolong the life and reliability of your vehicle at the Conn Auto Skill Center preventative

maintenance class tomorrow at 6 p.m. Learn how to do your own maintenance and general upkeep. To sign up, call CIV 09721-96-8224.

ADD, ADHD support group

Come speak with others living with Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder Monday from 10 a.m.-noon and expand your current support network. Class is held at ACS. For more, call CIV 09721-96-6933.

Quartet performs

All are invited to come to Schweinfurt Elementary School May 6 at 6 p.m. to hear the Daybreak Quartet perform at no charge.

Wood shop orientation

Want to make your own picture frame or chess board? Come to the Wood ‘N Frame Shop orientation Saturdays from 10-11:30 a.m. The class is required to use the wood shop for any project. Call to sign up at CIV 09721-96-6304.

Paintball thrills

Play paintball with your friends on Saturdays! The Conn Air Field is open for paintball every Saturday from 10 a.m.-4 p.m. Bring your own equipment or find out about rental packages. Group discounts are available for more than 15 people. Call Conn Outdoor Rec for more at CIV 09721-96-8080.

Learn ceramics or pottery

The Ledward Crafts Studio offers mold ceramics orientation every Saturday for \$20 including all materials needed. Pottery classes are also available from 2-4 p.m. using the potter’s wheel. Cost is \$35 plus materials for six sessions. To sign up, call CIV 09721-96-6903.

Deal with anger

Do you have anger that you don’t know how to properly deal with? Come to the ACS series on Anger Management and learn how to understand the patterns of your anger and how to express it in unaggressive ways. A new session begins Tuesday. To sign up, call CIV 09721-96-6933.

Socialize at the Lunch Bunch

Do you want to get out of the house, make new friends, and learn where good restaurants are around town? Join Schweinfurt ACS’s Lunch Bunch April 30 from 11 a.m. to 2 p.m. Sign up for the carpool or call to get directions to the restaurant at DSN 354-6933, CIV 09721-96-6933. An English-speaking guide can help you translate the menu. Children are welcome! Bring Euros for lunch.

Open To U.S. ID Card Holders Only ★ Checks, U.S. Dollars, & Credit Cards Welcome ★

Storck Barracks Country Fair & BAZAAR

International Vendors & Crafters! Food and Fun Activities!

Friday, 24 April, 1400-1900 | Bldg 6500
Saturday, 25 April, 1000-1900 | (Old 412th Hangar)
Sunday, 26 April, 1000-1700 | Storck Bks.



Strollers Welcome ★ No Pets Please

Jungle Jam Celebration

Month of the Military Child



Food and Fun, Games Galore. Come to Jungle Jam And help us explore! A brand new adventure To say that "You're great!" To our Army kids So please, don't be late!

Saturday, 25 April 09
1100-1500 | 11 a.m. to 3 p.m.
Old 412th Hangar, Storck Bks (Bldg 6500)

For more information, email ans-mwr@eur.army.mil



Storks are ubiquitous atop the city walls. Note the Atlas Mountains in the background.

Enjoy the hidden treasures, beauty found off the beaten track, beyond the horizon

Story and photos by
DAN THOMPSON
Special to the Bavarian News

If you’re like me, you’ve learned that some of the most memorable experiences in Europe are found off the beaten path and away from the roar of tour bus parking lots, cuckoo clock megastores and museums so packed you would be lucky to emerge without becoming nauseous.

If you’re looking for something more than the typical European tourist experience, it may be time for you to consider going beyond the horizon – way beyond – to a place where you can relax in a private, hidden palace, pluck oranges from trees and enjoy a calming, warm desert breeze in the evening from your rooftop overlooking a magical skyline.

If this sounds like your kind of escape, then it’s time to book your ticket to Marrakech, Morocco.

Marrakech is a virtual kaleidoscope of culture, bursting with legendary architecture, incredibly intricate art, and very friendly people.

Perhaps best capturing the essence of this energy is the famous Djemma El-Fna square, which was featured in the Alfred Hitchcock thriller, “The Man Who Knew Too Much.”

There you may sip on freshly squeezed orange juice while perusing local shops selling brass wares, colorful Islamic art, and irresistible pastry shops.

For those so inclined, you may also sit in on a snake charming or get your photo taken with a deadly cobra (don’t worry, they’ve been defanged).

You may also appreciate how the merchants, unlike those elsewhere in many Arab markets, have a more relaxed manner – not heckling or pressuring customers too much.

At night, the Djemma El-Fna becomes a buzzing circus of sword swallowers, storytelling by lantern light, and traditional food stands where you can eat all the seafood you would like for only a few euros.

Other attractions in Marrakech include mysterious, maze-like alleyways, souqs (covered bazaars) overflowing with unique crafts from all over northern Africa, grand palaces and spacious green parks lined with orange trees.

One of the nicest aspects of your Marrakech adventure may be your lodging.

Traditional riads (palace-like courtyard houses) are available throughout Marrakech and offer much more authentic atmosphere than hotels.

Your dedicated reporter stays at Tamkast (<http://www.tamkast.co.ma/eng/>), an elegant and spacious oasis of peace echoing with the sounds of chirping finches and mystical Sufi hymns.

Its walls are decorated with intricate calligraphy and high, open ceilings let in a flawless blue sky and warm desert air.

Lounge couches on the roof under toasty Moroccan sunlight provide an almost intoxicating sensation of relaxation – and all for about 80 euro a night or less.

Sip on aromatic mint tea, deeply breathe in the soothing scent of cinnamon and jasmine in the air, and gaze at the Atlas Mountains in the distance. It is all possible in Marrakech.

So is Morocco safe?

The truth is, yes, but you should always check with your garrison’s security office for the latest travel brief.

The Moroccan people are incredibly hospitable, peaceful, and tolerant. In fact, the oldest American diplomatic property in the world is located in Tangier, and Morocco and the United States have enjoyed a very special relationship since 1777.

In any case, you will want to schedule a week to explore Marrakesh, the nearby Atlantic coast, and the Atlas Mountains, all of which are easily accessible.

If you are an Operation Iraqi Freedom veteran (as your reporter is), you may actually find a trip to Morocco almost therapeutic as you are free to explore Arab culture and interact with in a much different way than in Iraq.

Whatever the case may be, an escape to Marrakech may be a great way to experience real adventure while relaxing your soul after a dreary winter.



Berber carpets can be found everywhere in Marrakech, but the best prices are to be had near the Atlas Mountains.

The Marrakech skyline is a host of colors at dawn from the Tamkast rooftop.



Stretch out and relax in the Tamkast courtyard by flowing fountains and orange trees after a long day of exploring.

Occupational therapists treat wide array of injuries, open local offices

Story and photo by
ANGELA HOLLIDAY
Special to the Bavarian News

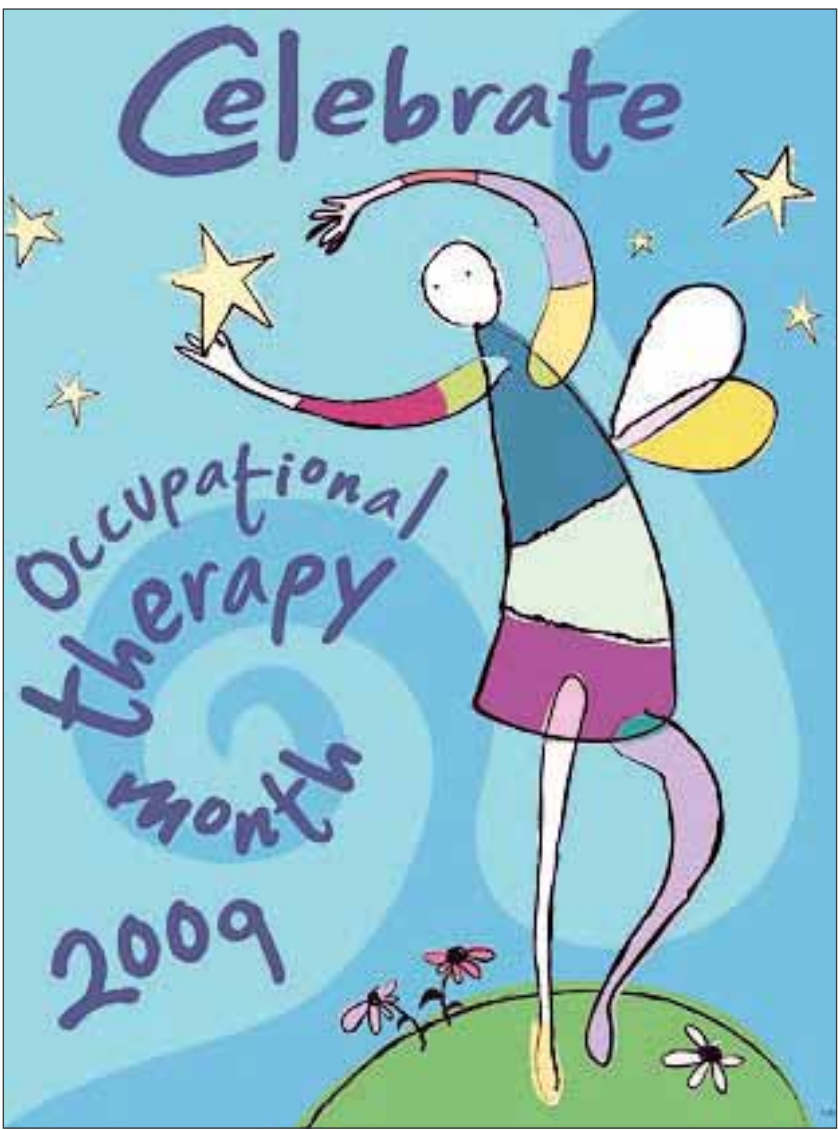
April is Occupational Therapy month!
Occupational Therapy has recently expanded in the European theater to serve military members and their families.
In the Bavaria MEDDAC footprint, several occupational therapists are now available in the Bamberg, Schweinfurt and Vilseck communities.

Occupational therapy is multifaceted and meant to treat a wide array of injuries. Incidents such as traumatic brain injury, repetitive stress injury, and surgery may require assistance.
OT also addresses such areas as sleep hygiene, anger management, and stress reduction

It can help people return to functionality in broad range of areas: dressing themselves, brushing their teeth, driving, parenting, balancing finances and even returning to their jobs.
After a detailed assessment, a therapist will develop, with the patient, an individualized treatment plan from injury through recovery.
The plan allows patients to return to optimal functional levels at work or school.

Occupational therapists and occupational therapy assistants follow the practice of treating each client holistically, which means treating the entire person, not just the specific injury.
A client-centered approach is used when working with patients, as the patient is considered part of the team, and helps determine treatment and goals.
Treatment provided by a qualified occupational therapist would address the overall goals of allowing the patient to:
1. Return to his/her previous commitments safely OR
2. Explore educational/ work opportunities that are more appropriate following injury AND
3. Enjoy life to the fullest
For the military, OT plays a vital role in returning soldiers and their family members to the highest level of independence.
OT helps military members with physical and mental challenges, focuses on a possible return to a career and helps the Soldier, family and unit function as a whole again.
With a higher number of service members returning for Operation Enduring Freedom and Operation Iraqi Freedom due to mild brain injuries from a blast, occupational therapy is ready to serve the soldier and their

family with the changes they are experiencing.
Occupational therapy can address many deficit areas, including those in higher level cognition, community re-entry, and home management.
This may include assistance in areas such as attention span, memory, planning, or problem-solving.
OTs may help a soldier recoup the use of their hand following a disabling burn or blast injury.
Hand therapy in Schweinfurt, Bamberg and Vilseck offers full evaluation and treatment services for patients with common injuries to the hands and arms, including cumulative trauma disorders, fractures, tendon repairs or replacements and joint and ligament injuries.
Services include: ergonomic consultations, sensory reintegration, soft tissue mobilization, static or dynamic splinting, and therapeutic massage.
Occupational therapy is also a part of the Warrior Transition Unit and may play an active role through functional evaluations to determine if soldier can return to duty in their current occupation field, as well as assistance with goal setting and community reintegration.
If returning to service is no longer an option, vocational or education exploration is available to the soldier.
A referral from a health care provider is required to see an occupational therapist. For appointments or more information, please call:
• Bamberg: DSN 314-469-8969, CIV 0951300-8969
• Schweinfurt: DSN 314-354-7051/6278, CIV 0972196-7051/6278
• Vilseck: DSN 314-476-3966, CIV 0966283-3966



Occupational therapy has expanded into the European theater is are now available in the Bamberg, Schweinfurt and Vilseck. Occupation therapy is multifaceted and mean to treat a wide array of injuries. For more information, contact the OT office in Bamberg, Schweinfurt or Vilseck.

Cancer survivor credits health clinic for saving his life

by **KRISTIN BRADLEY**
Bavarian News

William Werner does not look like a man currently receiving chemotherapy.
The 66-year-old Air Force retiree seems robust and healthy, completely unlike what you would expect in someone who was diagnosed with cancer less than a year ago.
According to Werner, the success of his cancer treatment is due largely to the staff of the Hohenfels U.S. Army Health Clinic and a letter they sent that almost ended up in the trash.
Werner's road to recovery began long before he realized he was sick when nurses Giavonni Peguero and Leslie Mittag were performing their routine duty of updating the clinic's population wellness records.
According to Peguero, the clinic maintains records on each of its patients that tell nurses which routine screenings each patient has completed.
They track which tests each person should have based on a number of factors such as their age and medical history.
If a patient is overdue for a particular screening, for example a middle-aged woman who has not had a recent mammogram, the population health wellness nurse contacts them with a reminder.

For me, (the cancer) truly is a silent killer. I had no pain, nothing. If (the clinic nurse) hadn't sent a letter out, probably three years from now, I would be dead.

William Werner
Hohenfels Community Member

"The idea is not to wait until you feel sick to see what we're going to do about it," said Peguero. "We want to screen and catch things ahead of time."
It is for that reason - a disease caught ahead of time - that Werner can, for the most part, still count his health as one of his blessings.
After noticing that Werner was overdue for a colorectal screening Mittag sent a letter to his home, though Werner admits he did not act on it right away.
"I almost threw it away," he said. "It sat on our coffee table for a while. Then my wife saw it and said, 'wait a minute - this is free, why not?' So I came in and thank god I did because they discovered that I had cancer."
Werner said when he finally made it into the clinic the lab processed his test while he waited.
Though the results indicated there might be something to be concerned about, Werner said

because they were something that ran in his family, he was about to dismiss it and go home when a stubborn nurse took him by the hand and led him down the hall to make a referral appointment.
"If it hadn't been for nurse (Sherry) Sweeney, I would have walked out and not worried about it. But, she marched me down the hall and made me make an appointment," he said. "I owe her my life."
Werner was referred to a clinic in Parsberg for a biopsy. Within a week of stepping into the Hohenfels clinic, he was in a hospital in Regensburg having half his large intestine removed.
Thanks to the early detection, when Werner went into surgery the cancer had not yet penetrated his intestine wall.
Noting the excellent care he also received from his German doctors, he said he was told at his last appointment that he is healing

wonderfully.
Mittag, who will soon take over the post of population health wellness nurse, said though she monitors patient's compliance with their recommended screenings, they should still remain pro-active about their own care.
She said for example they make sure female patients have a pap-smear at least every three years but it is even better to do every year.
According to Mittag a patient's record will automatically follow them if they move to another provider within the TRICARE system, for example when moving due to a permanent change of station, but patients need to bring in records for procedures done on the economy so the clinic can maintain accurate records.
She added that patients should not be worried if she does not contact them—that just means the patient is doing everything right and is up to date on their screenings.
Though those in compliance with their wellness measures will not receive anything from the clinic, Werner has a message for anyone who does.
"For me, it truly is a silent killer. I had no pain, nothing. If (Peguero) hadn't sent a letter out, probably three years from now I would be dead. I would tell anyone else who gets a letter about one of these screenings to take advantage of it immediately."

Make your health clinic appointments online

It's easy to get started! Simply do the one-time registration by following these steps.

- (1) Go to www.TRICAREOnline.com
- (2) Read the Online Privacy and Security Policy and click "I Agree"
- (3) Click "Site Registration"
- (4) Read the disclaimer and click "I agree"
- (5) Follow the directions on the screen to complete your registration.

In addition to web-enabled appointments, the TRICARE Online website also provides a wealth of information and services.



Soldiers battle elements, each other in Amazing Race style Easter competition

Story and photo by
Pfc. Bethany L. Little
172nd Infantry Brigade

Although not exactly an Easter egg hunt, Soldiers had an opportunity to engage in a race around the Forward Operating Base while protecting an egg during what is known as the FOB Kalsu amazing race Easter Sunday.

Starting with an overcast sky, six battle buddy teams began at the North Gate and navigated various stations throughout the FOB in hopes to outrun the rain and win the race.

“Prior to the start, competitors had no idea what the race would entail, but they were allowed to bring a rucksack or an assault bag with things they thought they would need to complete the challenges they faced,” said Sgt. Jennifer Smart, 172nd Support Battalion, Morale, Welfare and Recreation noncommissioned officer in charge.

The first station competitors approached was “On target.” There participants had to disassemble, reassemble and properly perform a functions check on the M-9 pistol, M-16 rifle and AK-47 assault rifle.

After the competitors completed the challenge successfully, the station referee gave them their next clue.

While the thunder rumbled in the distance, the teams ran towards the FOB Kalsu Gym for the “Two-minute Combatives Pin.” The referee watched and calculated points as the battle buddy teams fought against each other.

The team with the most points moved to the next station first, while the losing team had to wait an addi-



Team four, Staff Sgt. Steve Wetmore and Sgt. David K. Zeleny, A Company, 9th Engineer Battalion, combat engineers, high-five as they come to the finishing point after winning the race.

tional two minutes before they could move on.

The rain began to fall harder as the teams moved to the sand bag filling station. Participants filled 20 sand bags to the referee’s standards and placed the bags in the designated area. Teams could use the provided shovels or any other means to fill the sand bags.

Upon completion, teams were required to make five penalty goals against the station referee at the soccer field.

Immediately after scoring five

goals, team members rushed the rope climb station. One member of the team was required to climb to the top of the muddy rope and touch the metal tower before descending back down. No one could hold the rope or help the team member in anyway.

The rain proved to be more challenging for the Soldiers as they pushed their bodies across the muddy paths to the fishing pond. Originally, this station was to catch and release one fish, but because of the rain, the station became the push up station. Competitors had to complete 100

push-ups before moving on.

The next clue led the Soldiers to the tire moving station. Only one team member could move the tire by either rolling it, dragging it, pushing it, pulling it, carrying it or a combination of these methods. The other team member could not help move the tire.

As the rain slowly stopped, the teams took on a different approach to being battle buddies. One teammate had to perform proper buddy aid on their partner before carrying them to the aid station. Competitors could use

various methods to carry their partner without assistance. One team used this rule to their benefit and hitched a ride with a passing vehicle.

Next, teams had to make five shots at the basketball court from the top of the three point line before moving on.

The last station named “How do you say that,” required one teammate to properly pronounce a German word from a list given prior to the competition and then identify the picture that went with the word.

When the team completed the station, the last clue led them to the brigade flag area.

With the welcomed sunshine on their backs, team four, Sgt. David K. Zeleny and Staff Sgt. Steve Wetmore, A Company, 9th Engineer Battalion combat engineers, sprinted to the flag area and discovered they were the first to make it to the finish point with a time of 2:24:34.

For completing all of the stations successfully and keeping an egg safe, the team received a four-day pass to Qatar, contingent on the winner’s command or what their missions allow.

“I’m happy that we won, and I’m excited to have the opportunity to go to Qatar,” said Wetmore.

First through third place winners will be awarded a Brigade Certificate of Achievement during the next brigade bonfire.

Although the race was not about finding Easter eggs but earning the clues within plastic eggs, it was a challenging and interesting way to begin Easter Sunday this year.

“I’m stoked that we won,” exclaimed Zeleny, “I wouldn’t mind doing another race like this.”

Iraqi, U.S. forces destroy four tons of confiscated munition

Story and photos by
Sgt. DAVE LANKFORD
Multi-National Division-South Public Affairs

Members of the Iraqi Army, Iraqi Police and U.S. Army Explosive Ordnance Disposal teamed up to destroy several tons of confiscated munitions in the desert outside of Karbala April 4.

The rockets, mortar rounds and missiles confiscated from throughout Babil province have been accumulating for some time.

Nearly 8,000 lbs. of live and inert explosive devices were delivered to the blast site in four large trucks.

“A lot of times this stuff will pile up at IP checkpoints or headquarters. They turn it all in at once; then load it into four or five-ton trucks full of mortars and rockets,” said 1st Lt. Thomas Kinsey, 760th EOD Company.

Both the IA and IP have their own explosives experts, however they are not as well equipped as U.S. Army EOD.

Though many of the Iraqi forces throughout the country are able to get the materials they need for operations of this magnitude, the Iraqi forces in Babel province have not had the same success obtaining provisions.

“The Iraqi Army has their own EOD forces and the Iraqi police have counter explosives teams. The problem is that they don’t have access to the resources we do,” said the San Antonio, Texas native.

Advanced schooling is another shortcoming the 33rd Iraqi Army, in conjunction with Coalition Forces, is working to correct.

Kinsey said the Iraqi forces are well trained and equipped to handle day-to-day operations, but still need assistance with larger missions.

“They’re doing the best they can with what they’ve got. It’s a problem of them getting the funding and the schools to get to the skill level they need,” said Kinsey.

Kinsey said his Soldiers enjoy helping out. They see it as a way to advance the technical skills of their Iraqi counterparts, and as a means of eventually turning over full mission control.

Besides, he said, “blowing stuff up is always more fun.”

Soldiers from the 760th EOD Company stand on nearly 8,000 lbs. of live and inert munitions to inspect the work of the Iraqi Army and police in the desert outside of Karbala, Iraq April 4.



Education center offers academic, leadership courses for deployed troops

by **Pfc. Bethany L. Little**
172nd Infantry Brigade

Going to school is not usually on a Soldier’s mind in a deployed environment. The education center at Forward Operating Base Kaslu, however, is looking to change that.

The education center is currently running two classes, the Functional Academic Skills Training class and the Leadership Enhancement Course. Students can also take online courses at the education center located right outside of the 172nd Infantry Brigade Tactical Operation Center.

The FAST class is a course designed to help Soldiers improve their General Technical score for the Armed Forces Classifications Test, which is a test for enlisted Soldiers equivalent to the Armed Services Vocational Aptitude Battery. The class is 60 hours long and is broken into four-hour sessions for three weeks.

This class teaches Soldiers mathematics, vo-

By having the education center operational for Soldiers, they are offered an opportunity to ... better their lives, both military and civilian.

Sgt. Maj. Christopher J. Walton, Education center coordinator

cabulary and word knowledge skills.

“I’m glad that I’m able to take this class because it will help me raise my GT score, which will help me to become a career counselor,” said Staff Sgt. Roberto Villanueva, Headquarters and Headquarters Company, 9th Engineer Battalion, retention noncommissioned officer.

The LEC class provides Soldiers the opportunity to improve their leadership skill to become better NCOs. The class is a two-week course of two-hour sessions, held Monday through Friday.

Students who complete this course also receive one accredited hour with Central Texas

College. FAST and LEC classes vary in times to accommodate Soldiers’ schedules.

A unique feature of these classes is the instructors. They are Soldiers with bachelor degrees that the coordinator of the education center authorizes to teach.

“I feel that the students have responded well to the courses that are offered and I hope to continue teaching for the education center,” said Capt. Steven N. Carter, 9th Engineer Bn., battle captain.

Soldiers who wish to take classes must consult their first line supervisors to ensure mission cycles permit attendance to the desired class.

Once cleared by their chain of command, the Soldier’s first sergeant enrolls them in the course through the education center coordinator. The staff of the education center said they plan to increase the classes to include classes that can be used toward undergraduate degrees.

“We are trying to coordinate other classes for Soldiers to take,” said Command Sgt. Maj. Christopher J. Walton, the education center coordinator and 9th Engineer Bn., sergeant major. “Ultimately, we would like to add weekend seminars and college classes to our program.”

The goal of the education center is to provide Soldiers the opportunity to develop themselves educationally and professionally while in a deployed environment.

“By having the education center operational for Soldiers, they are offered an opportunity to build their career, gain promotion points, the ability to change their job and better their lives, both military and civilian,” said Walton.

Ansbach BOSS truly brings Better Opportunities for Single Soldiers

Story and photo by
JIM HUGHES
USAG Ansbach PAO

From getting free to reduced prices on trips and activities, to spending quality time with NFL cheerleaders and other stars, BOSS lives up to its name at Ansbach- Better Opportunities for Single Soldiers.

After winning awards in the past and seeing a resurgence in recent years, the program is kicking into an all-time high in 2009 with activities aplenty and a brand new center opening in June.

Open to all single Soldiers and geographical bachelors or bachelorettes, BOSS has its foundation in its three pillars: quality of life, recreation and community service, said Sullivan.

“Recreation is the one most people are familiar with, but the others are very important, too,” Jenny Sullivan, garrison BOSS adviser, said.

BOSS’ recreation heyday came after the 12th Combat Aviation Brigade redeployed from Iraq and began to settle down back at home.

The program’s 12 Days of Christmas non-stop activities featured a holiday party, free bowling, a trip to the Nuremberg Christmas Market, a trip the movies in Nuremberg, a trip

to Rothenberg, racing go-karts in Weihezell, a trip to the Palm Beach water park and a New Year’s Eve trip to a huge nightclub complex in Munich. That run was followed by skiing, trips and other activities.

In May, BOSS looks forward to a trip to Spain that is proving quite popular with the single masses, said BOSS President Sgt. Daniel Bullock.

“We just had a unit rep call and sign up 23 people - we’re going to need a fleet of buses,” he said.

Sure, Spain is a great place to visit, but there is added incentive in going along with BOSS - the price is right.

“This program is run by the Soldiers - the unit reps are where the rubber meets the road. They talk to the Soldiers in their unit and then bring the ideas of what people want to do and we make it happen,” Bullock said, referring to the BOSS staff. “We work with the companies to get the best price we can for every trip and activity we do.”

By bringing big numbers, BOSS is usually able to cut down on the costs and sometimes even get extra perks.

Bullock estimates most trips end up costing a Soldier half or even a third of what they would normally spend.

Another benefit of the trips is they usually manage to keep people out of trouble.

“Sometimes Soldiers go out and tear up the whole downtown, or get in trouble, or drive drunk, or get beat up or beat someone up,” he said.

“BOSS tries to employ these Soldiers and keep them active in the community - doing good things for people - to show what the Army is really about; our Army values. We try to do activities that demonstrate single Soldiers aren’t always downtown acting a fool.”

The trip to Munich on New Year’s is a prime example, Bullock said. “I took 30 Soldiers down there on a bus. I dropped each one off at the main gate to the installation they lived on. Stuff like that makes us an asset - 30 Soldiers went out, had a good time and came back safely.”

On the quality of life side, Ansbach BOSS is an enhancement to already-established means of taking care of Soldiers, Sullivan said.

“Soldiers bring problems and ideas to us and we always check to make sure they have gone up their chain of command first before raising the issue,” she said. “A lot of times it is a new idea or something where they are unsure of where to take their idea to.”

One example took place with facilities at a barracks building on Shipton Kaserne, Bullock said. “It

was brought to our attention that the washing machines in the building were broke - 65 percent of them,” he said. “We got all the information from the rep and wrote it up where it showed the impact it was having on the Soldiers, and they were fixed right then and there.”

Being the command sergeant major’s program, BOSS has the ears of leadership, Bullock said.

“I didn’t realize how much we had leadership’s ear until I took this job,” he said.

“This program really gives single Soldier more of a say in their community. Even things like having the 1+1 barracks, more lax barracks rules and being able to have visitors in the barracks are results of BOSS quality of life efforts.”

As for the community service pillar, well, it’s a little better than some might imagine.

“We try to make it fun,” Sullivan said. “If we’re doing something we try to have music, games or maybe a barbecue to go along with the work.”

And some of the projects would take a bit of a stretch to qualify as work.

“Some of the Soldiers’ favorites are the concerts or the cheerleader team visits,” Sullivan said.

But some efforts might have a work

feel to them - all to do some good in the community.

“We’re looking into walking animals at the Tierheim - a doggy caravan,” Bullock said, adding that with 100 hours registered for volunteerism, Soldiers can get extra points towards promotion. “And we’ll be designing, building and operating the obstacle course at the Jungle Jam Month of the Military Child Event and also the set for the Best of the Best talent show.”

The BOSS of all news is the new facility in the basement of the Von Steuben Recreation Center - the former Underground bar.

The facility is expected to open in late June.

“The design is a lot like the upper-scale sports bars in the U.S.,” Bullock said. “But it will be versatile - we’ll have state-of-the-art video and audio systems, the ability to block off parts of or open up the whole facility, video games, board games and everything.”

BOSS meets the first Tuesday of every month at the Von Steuben on Bismarck at 2 p.m. and the third Tuesday of every month at 2 p.m. at the BOSS facility on Storck Barracks.

Call DSN 467-2921, CIV 09802-83-2921, or Bullock at 0173-592-1735 for more information.

Spring cleaning leads to discovery of 61-year-old wallet

by **RONALD H. TOLAND JR.**
Bavarian News

The ongoing push for installation beautification resulted in a glimpse back in time for several directorate of logistics employees and a possible reunion of a man and his lost wallet - after 61 years.

While cleaning in the attic of Bldg. 5254 on Barton Barracks, Robert Howard, property book officer, discovered a wallet. “We went up there and found quite a bit of antique stuff - stoves, poles, books, manuals, training-aid materials,

mock grenade rocket launchers, flight jackets, expired car insurances. It was a time capsule up there,” he said. “We were looking for anything - information, paperwork, anything identifying if the goods belonged to any one unit, so we could find a home for it.”

And that is when he found the old, dusty wallet. “You could tell it was not new, since wallets do tend to get dog-eared over time, but I did not think it was this old. It is really amazing to me that this stuff has been up there this long - undisturbed,” he said.

Looking through the wallet, Howard found

identification pointing to Jackie Grose as the owner.

“I was looking for more of a unit designator,” he said. “When I started seeing the pictures in it, it seemed to me that the wallet had been up there for quite a while.”

Howard reported the find to Mickey Mumfrey, the director of logistics, who dug a little deeper into the wallet.

“We found this ripped in half money order, date stamped Oct. 4, 1948, in the amount of \$60,” she said. “That was probably worth an officer’s month’s pay back then. It’s quite possible he was going to send it to his mom - based on the names on the money order.”

But it never made it to mom, said Lockhart Simpson, chief of plans and operations for DOL.

“It is stamped, but he must have lost his wallet or it was stolen, because the money order was never mailed and the receipt is still with the money order,” he said.

Ansbach was quite a lively base of Soldiers when the wallet was lost, Simpson said. “This was 1948 and Ansbach was ‘occupation duty,’” he said. “We took over the kaserne in ’45, so whatever barracks space the German army had, the American troops moved into.”

“It is surprising to me that this stayed up there - you’re talking more than 60 years...,” he said, adding that there were many pictures in the wallet.

“It is obvious to me that he kept in touch with people, which makes it shocking that he did not

take the wallet,” Howard added.

Mumfrey thought it would be interesting to try and find the owner of the wallet, but had doubts on the chances for success. “This ties us to the past,” she said. “That is what is amazing for me - that it is this old. It would be fantastic to locate a person in the family to get these photos and the money order back to them.”

And that is just what Simpson went to work doing March 30 by writing to John Peck, a volunteer genealogist for the Grant County Historical Society in Marion, Ind., who said he was willing to research the find.

Peck had his own reservations. “Although I am concerned mainly with genealogy, I do have access to a lot of databases that might turn up something interesting,” wrote Peck in response to Simpson’s request.

And it did. On April 7 Peck sent some good news. “I have found Mr. Jackie D. Grose,” he wrote.

Peck explained he spoke with Grose’s wife, Sue Ann, and he is living in Marion, but efforts to speak with him have been complicated due to an illness.

The wife verified her husband was in the Army for nine years and at one time was in Germany, Peck said. She identified one of the faces in the photos as one of Grose’s old Army buddies, and said the payee on money order was his mother.

At press time, discussions were under way to reunite Grose with the wallet he lost 61 years ago.

Construction brings challenges, improvements to community

by **RONALD H. TOLAND JR.**
Bavarian News

With ongoing construction throughout all parts of the U.S. Army Garrison Ansbach installation, community members are having to deal with traffic and parking issues, as well as a general unsightliness. But, the payoff is promised to be as big as the improvment projects themselves.

Most current construction sites people navigate around are a result of the sewer and roads project, but other improvements are on the way, too, as Ansbach transforms from a likely closure candidate to an enduring installation, said Kurt Hofmann, garrison project manager and acting chief of engineering.

In upcoming years, Ansbach will see a number of improvements and new facilities, to include a new fitness center, a new clinic, a townhome community complete with a new shopping center and more.

One of the first improvements will come around the Katterbach Commissary area as a

long boardwalk, or “fussganger zone,” is built, Hofmann said.

“In the next six weeks, we will start the beautification projects and should be complete by August,” he said.

“The plan is to cover the railways in front of the commissary with removable wooden planks, all the way down to the fitness center. But, we still want to have the option to use the rails in the future, so they won’t be torn out - parts of the boardwalk will be removable if the rails ever need to be used again.”

Besides the boardwalk, more trees will be planted; seating areas, park benches and planters will be added; and vendor booths will be made to make a concession-like pedestrian zone with a recycling area and a gazebo.

“I imagine it to be a park-like place” said Hofmann, “a place to go and enjoy a coffee and cake outside, or even a beer after work. Soldiers and families do not have such a place now on post. We do not really have a good infrastructure right now and we want the Soldiers and families to like living where they are. “

Hofmann explained Ansbach initially was on the closure list and had been neglected for some time.

“Now we are an enduring and direct-report garrison and have the resources for a better infrastructure,” he said. “The garrison commander (Col. Christopher M. Hickey) initiated this project and we are implementing it.”

Along with the beautification project, parking solutions at the commissary have been planned.

“We want our Soldiers and families to live in a place with a nice infrastructure and get a taste of the culture - a sense of home away from home, but with a bit of culture, too.”

A similar pedestrian area is currently being constructed around the Storck Barracks PX and Yellow Ribbon Room area and an improvements are in the works for the parking area at the PX on Bismarck.

“In that plan there is also a stroller-friendly walkway and loading zone,” he said. “There will be lights, trash cans and seating so people can sit

there, sort of like the commissary, but smaller. But, it will be the same amount of parking.”

Work on the commissary “fussgangerzone” is scheduled to start mid-May and end sometime in August. The Bismarck PX parking improvement project starts soon and ends around the middle of May, said Hofmann, who noted the start and end times are based on completion of other projects.

“We currently have 131 projects going on in the garrison simultaneously,” said Hofmann. “The PX parking is not so expensive, about \$100, 000, and the commissary pedestrian zone project ... should be between about \$250,000 and \$300,000.”

Hofmann asks community members to be patient and to expect a lot of construction for quite a while, and remember it is all designed to make Ansbach a place to be proud of.

“Five years from now this will be a 100% different place. Soldiers and family members will say, ‘Ansbach is the nicest place they have seen outside America’ and current residents will say, ‘You must have been in a different Ansbach then.’”



Left to right:
Robert Howard, Lockhart Simpson and Mickey Mumfrey display contents of a 61-plus-year-old wallet that was found in an attic on Barton Barracks

Swim class hopes to dash fear, build relationship between infants, water



Schweinfurt mothers and their infants attend the SKIES baby swim class at the Schonungen indoor swimming pool. The next five-week class begins May 6.

Story and photo by
SANDRA WILSON
Bavarian News

Some would never think to take a swim class with their infant barely out of the womb.

Yet others believe it to be one of the best steps in getting their baby familiar with water and interested in swimming later in life.

“It’s a good preparation if they want to swim later— it’s easier for them to swim,” said Andreas Gentner, baby swim instructor at the Schonungen indoor swimming pool.

School of Knowledge, Inspiration, Exploration, and Skills - better known as SKIES - offers a five-week baby swim class for parents and their infant between 4 and 18 months old at the indoor pool in Schonungen.

The drive is only 15 minutes from Ledward, but carpooling from the Abrams Center is also possible.

“Infants, when they’re in the water they develop a trust with the water. When they are older, they have a good feeling with the water,” Gentner said.

From 11 a.m. to noon, parents are given ideas and instruction with their babies in the pool with them. Not only do the infants get to splash around, but parents also see the benefit of time to bond. Having other parents there

taking the class also supplies creative resources to draw upon.

The class is fun, said mother Christina Painter.

The class also serves a functional purpose in development and comfort levels.

“Many adults don’t trust water and some adults never learn to swim. It’s very different if the infants learn early,” said Petter Potter, SKIES director.

The indoor pool is extra warm on Wednesdays just for the baby swim classes and relaxing music plays in the background. Kick boards and toys are provided for each child while in the pool.

“I like how he has the music and the toys. The music makes a difference,” said Holly Nichols, a mother participant in the class with her 14-month-old.

The next full five-week class begins May 6 from 11 a.m. to 12 p.m. for a fee of \$50.

Some parents enjoy it just because it gives them something different to do with their child that is out of the daily routine. Regardless, Potter hopes parents choose to sign up to discover for themselves.

“Baby swim is an idea from America, but most Americans don’t know about it. In Germany, it’s very popular,” Gentner said.

Thrift Store offers bargains, welfare grants

Story and photo by
EMILY ATHENS
Bavarian News

The thrift store on Ledward Barracks, operated by the Schweinfurt Community and Spouse’s Club continues to thrive and maintains its standing as a great place for community members to shop, offering more than just great prices, according to thrift shop manager Alex Stanard.

“This is a really great time to get really good bargains. The last full week of each month we’re doing 50 percent off on tagged items,” Stanard said.

In addition to the helpful money-saving bargains, community members can already expect to pay less.

Items are priced based on quality or brand and shoppers should anticipate spending less than what they would anywhere else.

“One of the things I always say is, ‘don’t ever go out and buy anything before coming (to the thrift shop), because by the time you end up buying it, it’ll come here’,” Stanard said.

Items range from baby clothing, to adult men’s and women’s clothes, to household items, electronics and more.

“Come in and if what you’re looking for is not here, call us and keep checking because it will come in eventually,” added Stanard.

All store profits go back into the community

in the form of welfare grants. These welfare grants can assist agencies with certain costs, provide scholarships for high school students and spouses continuing their education, and can even provide assistance for individual needs if approved.

“I think the thrift shop is a great asset for the community because of what we give,” said Katy Stafford, thrift store cashier.

Stafford explained that consignments serve as another great community benefit. Individuals can drop off items and consign them for a 75 percent profit, with 25 percent going to the store.

The consigned party will receive a monthly check based off of their earnings from items sold. A list of items that may be consigned can be found at the thrift store.

Furthermore, the thrift store poses a great place for community members to volunteer.

“Volunteers are always a good thing ... they’re really good helpers. Anybody that just gets bored during the day can come volunteer here,” Stanard said, adding that volunteer responsibilities include hanging clothes and organizing the shop.

Shopping time is limited as the store will close for an extended period of time in the summer.

Hours are Tuesday, Wednesday, the first and third Saturday from 9 a.m. to 3 p.m., and Thursday from noon to 5 p.m. Donations are always accepted.

For information, call CIV 09721-96-6723.



Thrift store manager Alex Stanard (left) and Katy Stafford, cashier, sort through recently received clothing in preparation for resale.



Women’s History Celebration

Gudrun Grieser, Lord Mayor of the city of Schweinfurt, speaks with children during her visit to the U.S. Army Garrison Schweinfurt School Age Services March 30.

Grieser was the guest of honor and speaker at the SAS women’s history celebration.

The children and staff treated the Lord Mayor to a musical performance, a poem and brief histories of prominent figures in women’s history.

After receiving a hand-made painting and bouquet of flowers, Grieser gave the children tickets to the Silvana swimming complex and invited them to visit her in the city hall.

Photo by Mark Heeter

Blackhawk families celebrate completion of first 100 days of year-long deployment

by SANDRA WILSON
Bavarian News

The 172nd Infantry Brigade “Blackhawk” community came together March 27 for a celebration of 100 days into the deployment with a casual dinner at the Conn Club.

“The purpose is to have casual dinner and camaraderie and to share some lessons learned ... and share some experiences together,” said Lt. Col. Eric Stetson, Task Force Shield commander, while giving all the credit to the Schweinfurt community for organizing the event.

“The best part of this event is the fact that it was done as a team effort,” said Cpt. Joshua Buchanan, Delta Company commander, 1st Battalion, 2nd Infantry Regiment.

What started as a concept quickly grew into an event in the making with the family readiness groups, battalions, and community agencies contributing towards the effort.

The casual dinner featured a Spartans Panel of ten members available to answer questions about the deployment experience.

“The important point ... is that we learn from each other,” Stetson said. “What we bring is a huge amount of diversity.” The panel was made up of people in various walks of life to add a perspective from every angle.

“It’s not about rank. It’s not about your position ... it’s about you as an individual,” Buchanan said, adding that name tags were first name only and everything else was left at the door.

The panel addressed questions about whether to return to the States when a spouse deploys,



Photo by Mark Heeter

The 172nd Infantry Brigade (Separate) family got together for a fun fest in the Kessler Fitness Center and bowling center March 27 before the evening casual dinner event that night. Jana Ingram and daughter, Zanna, make name bracelets, with the assistance of Achim Friedrich, manager of the Wood n’ Frame shop.

how to relieve stress, communication techniques, and how to raise kids as a temporary single parent.

“You guys haven’t been to basic training ... on how to succeed as a family spouse,” said Travis Reynolds from U.S. Army Garrison Schweinfurt Army Community Service. Basic training offers Soldiers the skills for beginning their job in the service, but military spouses don’t get that “training” before they are thrown into their roles.

For this reason, the Spartans Panel hoped to

share some advice.

“It’s important for us to stay and maintain the home front. This place needs to be prepared for when they come back,” said Staff Sgt. Izell King, 1st Bn, 2nd IN.

Others on the panel offered tips for how to deal with deployment stress.

“Every time the sun comes out, make sure you drop what you’re doing and go outside,” recommended Patricia Burr, USAG Schweinfurt behavioral health. Relieving stress also can come in the form of hanging out with friends, window shopping, aerobics, reading, or volunteering.

Communicating with the deployed spouse is essential for the health of the relationship. Some talk nearly every day, while Stetson proposed that purposefully calling once a week ensured that conversations were anticipated and meaningful.

Mailed handwritten letters ranked high in importance and one panel member suggested logging journal entries and mailing that back and forth each month.

Parenting suggestions came in the form of regularly reading to the children, awarding them with fun activities at the end of each week of good behavior, and making sure to set a good example as the parent.

“It’s extremely important for the guys downrange to know that you’re doing well,” said Cpt. Thierry Ngoufan Delta Company commander, 9th Engineer Battalion.

With the help of friends, FRGs, and the garrison, the hope is to make the remainder of the deployment not just an environment to survive, put a home in which to thrive.

Sky Soldiers participate in lifesaving competition

Story and photo by
MARK HEETER
Schweinfurt CI Chief

Following the sound of the pain-filled moaning coming from 100 yards behind the wood line, the four-man team burst through a patch of brush

and arrived at their casualty.

A Soldier on her back, blood-soaked pants, pleaded for their help.

The four Soldiers, from Headquarters and Headquarters Company, 173rd Airborne Brigade Special Troops Battalion (Airborne), flung themselves into action and put

their training to the test.

“I know this is a competition, but it’s a way for us to give them a class so they can hone those skills now, so when they get downrange, they don’t lose Sky Soldiers,” said Sgt. Damori Morton, the combat-tested medic from Company C, Brigade Support Battalion (Airborne), who evaluated the team.

“It’s one way to give them an opportunity to see what it’s going to be like to heal a battle buddy,” Morton said.

Thirty-one four-man teams, from every company-sized unit in the 173rd ABCT, from Vicenza, Italy, through Bamberg to Schweinfurt, participated in the Sky Soldier competition at Camp Robertson training area in Schweinfurt April 8.

The winning team was Company A, 1st Battalion, 503rd Infantry Regiment (Airborne), comprised of the Sgt. Matthew Young, Sgt. Joshua Eaton, Spc. Daniel Cruz, and Staff Sgt. Gary Newton.

They bested their fellow Sky Soldiers in a number of tasks spread throughout the training area – and separated by long, timed road marches.

“The whole point of the exercise is, the guys come up, they’re tired, they’re exhausted and they need to be able to shoot under stress,” said Staff Sgt. Bryan Morrow, who evaluated arguably the most difficult of the events: the stress shoot.

After carrying a 185-pound litter about 200 yards up a steep hill and

lugging water-filled jugs, the teams had to fire from unorthodox positions.

“You never can really duplicate a combat situation. You can only get as close as you can. And that’s what we try to do. We try to duplicate the stress under fire,” said Morrow, a sniper with the Company C, 1st Squadron, 91st Infantry Regiment (Airborne), who has deployed to Kosovo, Iraq and Afghanistan.

“You’ve got to say, ‘Hey, calm down. Remember your training.’ And that’s the biggest hurdle for guys is for them to remember their training in combat,” Morrow said.

The final event – a mystery to the participants until they returned to the billeting area of Camp Robertson – was a test to evaluate Soldiers’ ability to quickly and correctly rig their personal equipment, before a question about brigade history.

“The Sky Soldier competition is designed to evaluate and reinforce the most important tasks we need to focus on to get ready to deploy to combat,” said Col. James Johnson III, 173rd

ABCT commander.

“It tests Soldiers’ ability to communicate on the battlefield, to treat casualties on the battlefield, engage the enemy on the battlefield, and it’s a test of his physical and mental endurance – all the while building a tight team,” Johnson said.

“Each team represents every company, every troop, every battery, within the organization of excellence, working as a team,” said brigade Command Sgt. Maj. Nicholas Rolling.

“At the same time, we work as a group, celebrating the brotherhood of who we are.”

Creating a cohesive team through such events could be considered a critical task for the brigade, whose units are separated by hundreds of miles.

“It brings the unit closer together. Normally, our units are so spread out between Italy and Bamberg and Schweinfurt, so a lot of times, you don’t see these guys until you go to the field,” Morrow said.

“I know this is a competition, but it’s a way for us to give them a class so they can hone those skills now, so when they go downrange, they don’t lose Sky Soldiers.”

Sgt. Damori Morton
Company C, Brigade Support Battalion (Airborne)



Company B, Brigade Support Special Troops Battalion carries a 185-pound litter during the Sky Soldier competition April 8. The teams were required to complete several tasks including treating a casualty, marksmanship, weapons and communications equipment familiarity, litter-carrying, land navigation, and a surprise “commander’s challenge.”

Community remembers fallen Soldier as happy, cheerful

by MARK HEETER
Schweinfurt CI Chief

“Hey! Open your eyes, look up, and enjoy the good things life has to offer.”

Those words are the Spanish-to-English translation of lyrics in a popular song, used by Lt. Col. Steve Miska, Task Force 1-2 commander, to memorialize Sgt. Jose Escobedo Jr, who died in Iraq March 20.

Escobedo, of Albuquerque, N.M., died in Baghdad of injuries sustained from a non-combat related incident the night before at Forward Operating

Base Kalsu in Iskandariyah, Iraq, according to the Department of Defense.

“He lived life with a glass that was half-full, not half-empty,” Miska said in remarks relayed by Lt. Col. Eric Stetson, Task Force Shield commander, during a memorial service at the Ledward Chapel Tuesday.



Escobedo

Escobedo, who served 10 years in the Marines before joining the Army as a fire support specialist in February 2008, was assigned to the 1st Battalion, 77th Field Artillery Regiment.

Sgt. Ronald Garcia, a close friend who met Escobedo when they were training together at Fort Sill, Okla., in 2007, recalled a man who loved sports and enjoyed coaching youth teams.

“He was truly a smart, intelligent, hard-working guy,” Garcia said, in remarks relayed at the Schweinfurt memorial ceremony by Staff Sgt. Shawn Johnson. “He was always there when you needed help.”

With a bit of friendly inter-service rivalry, Escobedo and Garcia joked with each other about Escobedo’s prior service.

“He would say, ‘It wasn’t like that in the Marines,’” to which Garcia would remind him of the uniform he was now wearing. “Once a Marine, always a Marine,” was Escobedo’s response.

“Life is too short. Live life to the fullest. I will miss him,” Garcia said.

Capt. Joshua Buchanan, Company D, 1st Battalion, 2nd Infantry, commander, conveyed remarks that Company B fire support officer, 1st

Lt. John Teschner, gave at the Baghdad memorial service. “It was very well-known that he was a happy, caring, cheerful individual,” Buchanan said. “I only knew him briefly, but I knew him to be a good man.”

After addressing Escobedo’s widow, Angelica, with personal remarks, Stetson gave a final nod to Escobedo. “Sgt. Escobedo, our eyes are open,” he said.

In addition to Angelica, Escobedo is survived by his daughter Elvira Flores, and sons Jose Escobedo III and Miguel Angel, his sister, Monica Adams and extended family.

Schweinfurt youth captures Bavarian fencing title, heads to championship

by **EMILY ATHENS**
Bavarian News

A thrust, a dodge, a gold medal. Kendric McIntyre, an eighth-grade student at Schweinfurt Middle School, was named Bavarian champion fencer for his age group at the Bavarian State Fencing Championship March 21 held in Feldkirchen.

McIntyre, who fences with the TG 1848 Schweinfurt Fencing Club, which competes in the Bavarian Fencing Association, exuded crafty swordsmanship and sheer talent to overtake his competitor.

“I’ve been fencing for eight years. When we first got here, my mom thought I might be into it, so we went and I tried it out. Ever since then, I’ve been into it ... it just gets better and better,” McIntyre said.

Demonstrating his expertise of the sport, McIntyre explained the three different types of swords and style of fight involved in fencing: the foil, sabre, and epee.

Each category entails a different sword and diverse rules of the game.

For McIntyre, the epee remains his forte, where he maneuvers a heavier sword and receives points by hitting his opponent anywhere on the body.

Epee sword-fighting requires

agility, skill and tactic to not only score points, but to successfully defend as well.

“To train I go one-on-one with my coach to work a little extra and do exercises so my legs get stronger,” McIntyre said, explaining how he prepares for competitions.

Competitions occur sporadically throughout the eight months of the fencing season, requiring McIntyre to travel all over Germany.

It was this most recent competition that rewarded McIntyre with the gold medal.

“Out of my eight years of fencing, that was the first time I got first place for singles,” McIntyre said, adding that he got first place for the team last year, but has never won in an individual competition.

After a first round ranking him third place, and a win in the second round of which he deemed a “slow match”, McIntyre qualified into the final round, dueling a fellow Schweinfurt fencer.

McIntyre remembered thinking, “I have this. This is my chance to get first,” as he readied himself for the champion match.

The final fight remained close to the very end. At a score of 9-8 in a match to ten, McIntyre explained his final move of doing a flash, where he

ran at his opponent.

“I didn’t realize I hit his hand, but all you heard was ‘ding’ and I just saw him get upset and say, ‘Yeah, you won.’ My heart was pumping so hard. I can’t explain it, I was just so happy,” McIntyre said, shaking his head, at a loss for words.

With the fervent support of his family, friends, and teammates, McIntyre will remember that winning moment as he heads to the German championship in May.

“The first five from the tournament qualified to go to the German championship,” he explained, “My dream is to become German champion.”

“All his hard work paid off. He deserves it. He’s a good teammate, a great brother and son. We’re so proud to see him rewarded for his hard work,” added his mother, Claudia.

Kendric McIntyre, an eighth-grader at Schweinfurt Middle School, displays his gold medal after being named the Bavarian fencing champion at the Bavarian State Fencing Championship March 21.

Courtesy photo



Vilseck High School Seniors (left to right) Shamyra Coleman, Stevi Hood and Tamaria Hollis comprise a unique friendship that carry them both on and off the field.

Courtesy photo

Three athletes form unique, lasting bond

by **AMY NEWCOMB**
Bavarian News

Within the military community, moving is inevitable.

Military children often attend new schools and make new friends.

Sometimes, however, luck plays a part and children have the opportunity to stay in one place long enough to make lasting friendships.

Such was the luck of three very different Senior’s who have become close friends and teammates over the past four years.

Stevi Hood, Tamaria Hollis and Shamyra Coleman met each other before school started their freshmen year in Vilseck.

Hood and Hollis began playing golf together as freshmen, but after her sophomore year, Hollis decided to run cross country with Coleman.

All three girls have played basketball and soccer together their entire high school career.

When asked if they were best friends, Hood and Hollis exchanged a look and replied that they were more like sisters.

“We each have our own set of best friends, but us together ... we’re like this all the time” Hood said. “Sisters outside the field ... always looking out for each other” Hollis added.

After High school, Hood is headed to Rock Hill, S.C., to attend Winthrop University, hoping to have an opportunity to play either golf or soccer.

Hollis is headed to Bolivar, Mo., on an academic and soccer scholarship to attend Southwest Baptist University.

Hood and Hollis said Coleman was in the states visiting colleges in Georgia and would like to play either basketball or soccer.

The three friends are hoping to leave Vilseck with a legacy. “You know those three girls from Vilseck, they were good ... that’s what we want” Hollis said.

KICK IT

Brian Olden, Bavaria Medical Command’s deputy chief of behavioral health, demonstrates a Korean Sword form.

Olden participated in the Bavarian Martial Arts Forms Championship of the German Black Belt Association (Deutsches Dan Kollegium-DDK) March 28.

He took 1st Place in the Weapons (sword) competition and 2nd Place in the open hand competition, and was the only American competitor and the only competitor representing Korean Martial Arts (Tang Soo Do).

Olden teaches children’s martial arts classes at the Netzaberg Teen Center.



Courtesy photo

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Department of Veterans Affairs receives \$25 billion funding boost

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said. “It’s the biggest (VA) budget increase in a generation.” Thousands of wounded warriors “will need the most modern medical health care for the rest of their lives,” Biden pointed out. “The cost of that will be in the tens of billions of dollars. But it’s a sacred, a sacred commitment.”

Increased health care coverage, he said, will provide 5.5 million veterans with timely and high-quality health care. “We’re providing services to veterans with the efficiency and quality they deserve, and keeping that deep debt that we owe that you should and have a right to demand,” Biden told servicemembers.

“We owe you a particular obligation today,” he said, “because there’s tens of thousands of men and women who have already fought and continue to fight bravely for our country in Afghanistan and Iraq.”

Biden also saluted National Guard members who deploy overseas and the families - reserve and active component - who support them at home. “It’s become a day job for tens of thousands of Guardsmen, in addition to all your families,” he said.

Biden also praised the families of servicemembers who gave their lives in Iraq and

Afghanistan, as well as the families of wounded warriors.

“I say to the families, thank you, thank you, and we owe you -- we owe you as deeply as we owe your kin, your blood,” Biden said.

Servicemembers’ “unyielding commitment” to the defense of their nation, Biden said, is part of what “makes each and every one of you so special.”

Biden’s son, Joseph “Beau” Biden III, an Army National Guard captain, is serving in Iraq.

“So from the bottom of my heart, on behalf of every one of those young men and women on the ground, like my son in Iraq, I say to all of you, I admire you, the president admires you, and we are putting our money where our mouth is in terms of seeing to it that you have everything you need as you deploy, when you deploy, and when you come home,” he said.

Vice President Joe Biden speaks to troops at Whiteman Air Force Base, Mo., April 16. Biden said the nation owes them their gratitude and support for their service in Afghanistan, Iraq, and Bosnia.

Photo by Tech Sgt. Charles Larkin Sr.



Officials asks for comments on social media

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Army Public Affairs.

Division Chief Lt. Col. Kevin Arata said he was excited because thousands of people get their information from blogs and social networking sites.

“And I don’t think we’re targeting just one demographic,” Arata said, alluding to the perception that such sites attract primarily a younger audience. “I think there are a lot of older folks out there savvy to this type of communication.”

“The blogosphere is a place where a lot of different people are at,” Kyzer said. “We know our active-duty Soldiers are there. We know that our family members are there. We know that there’s people simply there who choose to get their information from blogs.”

Blogs are meant to be an informal and chatty type of communication, Kyzer said.

“Everything we post on ‘Army Live,’ we really want to get comments and feedback from,” Kyzer said.

“Blogs thrive on a vibrant comment section and an active dialogue, and that’s really what we want.”

More than two dozen comments have already been posted to the blog site, Arata said, including one from a Soldier in the Australian Army and the rest from a cross-section of people both inside and outside the U.S. Army.

The Army Facebook site is also looking for comments and discussion. One page asks readers “Why did you join the Army?” A bit lower is a banner for the Year of the NCO and readers are asked “Who is your favorite NCO?”

Meghan McCormick and Kristen Andrews,

who are both Army contractors, have been working to design the Army’s Facebook site since January.

“It was like waking up on Christmas morning,” McCormick said about how exciting it was to get the green light for the launch Thursday.

The Facebook page features Army podcasts. It has dozens of Army photos from Flickr. It has links to Army Web micro-sites, and it has a page of information about the new Army Live blog site.

“The blog is kind of a different channel of communication,” Kyzer said.

“A blog is really an informal communication mechanism that you don’t see replicated in other social media sites.

“We can post video to YouTube, we can post photos to Flickr, we can post 140 characters to Twitter, which is a micro-blogging site... We have

Army.mil which is a ‘great place in space,’ but that’s an official news site...”

“We want ‘Army Live’ to be a springboard to a lot of our other social networking sites,” Kyzer said. She said the ‘Army Live’ site is also designed to link to other DoD-related blogs.

Currently, a “blog roll” on the right-hand side of the screen links readers to other Army blogs such as the 3rd Heavy Brigade Combat Team “Hammer” blog, the Army Wounded Warrior Program or AW2 blog, the Combined Arms Center Blog Library, the U.S. Army Corps of Engineers blog site and the Army Surgeon General’s Blog.

Arata said he would like for the number of linked blogs to grow exponentially so that “Army Live” is the one-stop virtual shop for all Army blogs. And he invites participation from everyone in the field.

Military, Pentagon go green with construction, energy projects

continued from Page 1

about half of all military casualties involving supply convoys. A recent Defense Department report to Congress on energy security described what it called the “high burden” of protecting overland routes and the strategic importance of finding other means of delivery.

All four military services have established energy task forces. In testimony to Congress earlier this year, Defense Secretary Robert M. Gates said he plans to appoint a Defense Department “energy czar” to oversee conservation efforts.

But defense officials say the department already is ahead of other federal agencies on conservation issues.

“For its size, [the Defense Department] is No. 1 in terms of conservation among federal agencies,” the senior installations and environment official said.

“The Pentagon is definitely a green building.” For example, he noted, ongoing building renovations include installation of water- and power-saving technologies.

The military’s growing reliance on alternative energy also can be seen at bases and operations worldwide. For example:

- The Navy Air Weapons Station China Lake in California’s Mojave Desert is powered completely by geothermal energy;
- A solar farm at Fort Irwin, Calif., is expected to produce enough electricity to supply power to the surrounding community;

- One-third of the power used by the U.S. naval base at Guantanamo Bay, Cuba, is derived from wind; and
- An Air Force B-52 Stratofortress bomber has flown on power produced completely from synthetic fuel.

Also, a Defense Advanced Research Projects Agency program is developing jet fuel from algae, bacteria and rapeseed.

A form of wearable power is being developed for Soldiers deployed in areas where electricity is scarce or unavailable.

Vehicles are being made from much lighter, but stronger, titanium rather than steel, not only to improve fuel efficiency, but also to provide better protection.

The Army is “building green, buying green and

going green,” said Addison Davis, the service’s deputy assistant secretary for environment, safety and occupational health.

“Over the next five years,” he said, “we’re putting about \$63 billion in new construction into the United States Army, and the vast majority of that is going to be green buildings.”

The Army even has a project under way in Iraq in which garbage is converted into biofuel to power generators. “We’re doing a tremendous amount in terms of wind, solar, geothermal and waste energy through our biomass programs,” Davis said.

Conservation efforts have been given a boost by the Obama administration’s economic stimulus package, which earmarked some \$300 million for Pentagon alternative energy projects.



A PURR-FECT SHOWING

Students from the Grafenwoehr Elementary School’s fourth- and fifth-grade Performing Arts Club perform, “The New Heir” April 15 for peers and deploying parents.

Under the direction of GES teacher Joyce Patz, club members wrote the play. Students also designed the sets and costumes.

The theatrical work brought to life the story of Beloved, aka “Bad Kitty,” who, after being rejected by the pack of cats because of physical deformities, was chosen to become the Twizzler Cat (the King) by the Moon Kitty. The cats chose Beloved for the prestigious position due to her good character.

Photo by Andy Bailey